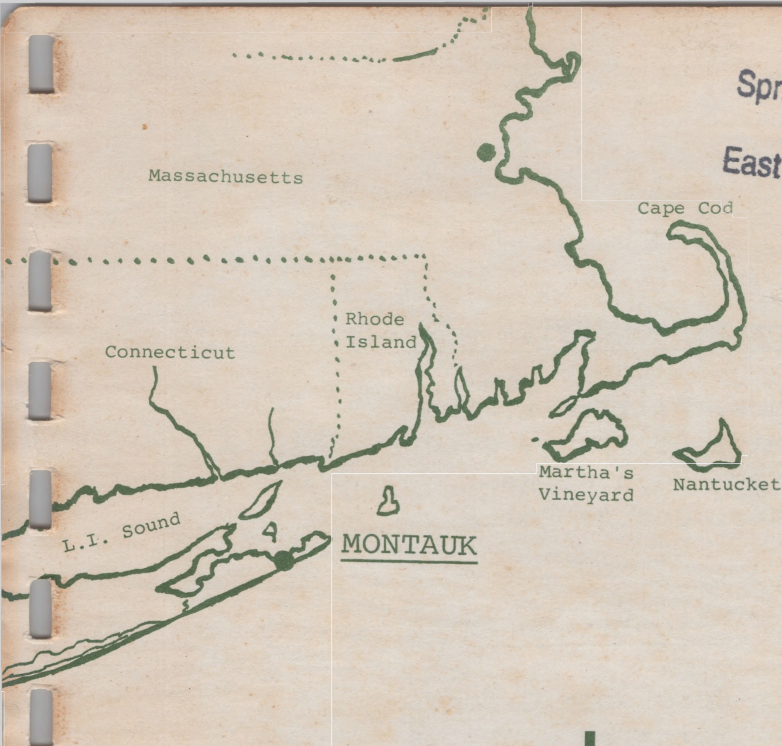


THE SALTY THUMB

Montauk Village Association, Inc., Montauk, L.I., N.Y.



Springs Historical Society
P.O. Box 1860
East Hampton, N.Y. 11937



THE SALTY THUMB

Your Garden by the Sea



Montauk Village Association, Inc., Montauk, L.I., N.Y.

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Montauk Village Association, Inc.
Montauk, L.I., New York

To Mrs. Richard T. Gilmartin
as MVA President 1965-6-7-8,
for her inspiration and direction
in compiling this booklet.

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Frank M. Borth

Drawings: Nancy Sears

A SEASIDE GARDEN IS A LOVESOME THING

It was in Montauk, L.I. that I first became a gardener, after many mis-spent years and a lifelong reputation as a pariah to green and growing things. It was the considered opinion of my garden-wise family that the hardiest perennial was not proof against my ministrations. "Don't let Maggie get loose with the hose," they said to each other, "she'll drown everything!" and they snatched the trowel and hoe from my eager hands. Candor forces me to admit that there was some basis for their concern. Plants and flowers, even the indestructible philodendron, had a way of shriveling when I passed by.

But when I got down to the sea at last I became a gardener. For one thing, there was nobody to stop me. I was able to engage in hand-to-hand combat with the indigenous flora of my sandy acres without anyone being able to tell the difference, including myself. For another thing, those green outcroppings of tenacious nature, having withstood wind and wave, rain and snow, salt and spray, hot sun and dank fog, deer, rabbit and chipmunk were not about to give in before the onslaughts of an inept human being. They were growing there before I came and they meant to be growing there after I had gone.

If I hacked at the ancient sumac in an effort to eradicate it in one place or another, it returned with renewed luxuriance in the proper season. If I pruned the old sea roses back to their very roots in an effort to free the tangled path to the beach, they flung out

three-foot branches in the spring and strewed their profligate mauve petals and heady fragrance on every passerby. If I divided the enormous clotted clumps of hardy lilies, the original clumps not only redoubled in size and blossomed with vengeance but bulbs I had dropped by mistake sprang up between the flagstones of the terrace and pushed them apart. The pines threw off their cones and produced progeny where I did not expect or really need them. The blackberry vines laced the driveway and caught in my hair and the wild grape projected powerful tendrils which grabbed my ankles in the dark.

Thus I achieved the status of gardener, though it is still difficult to tell who is winning and it seems unlikely that I really had anything to do with it. Stunned with success, I have invested in various nursery specimens which have entered into direct and aggressive competition with the bayberry and beachplum and seem bent on outdoing the native product. These last have begun to encroach seriously on the walls and roof of the house. I have to tie back the wisteria vine with a rope in order to get in the back door.

So if you have never achieved prowess as a gardener, do not despair. The seaside garden may be a solution if you do not have dreams of a tame and orderly landscape with proper paths, neat hedgerows and manicured beds of flowers, but are simply interested in growing things. As for myself, I have scarcely experienced such blazing happiness as in those moments when I

have stood exhausted by my exertions, my
black thumb rimed with salt, my mouth crammed
with blackberries hot from the sun, staring
out at the sea over the expanse of green
(thoroughly informed with poison ivy) that I
call my garden. Though all the while I am
forced to suspect that it is something God
alone has wrought.

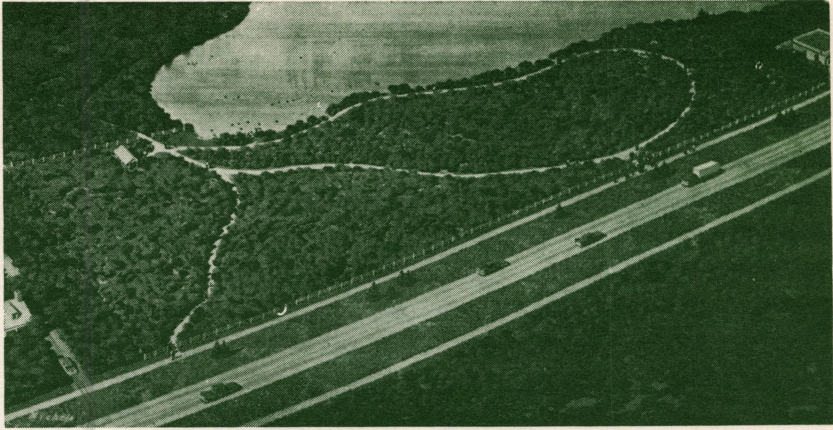
A handwritten signature in cursive script, reading "Margaret Cousins". The signature is written in dark ink and is positioned above the printed name. A horizontal line is drawn under the signature.

Margaret Cousins

June 25, 1967
Montauk, L.I.

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A MONTAUK VILLAGE ASSOCIATION PROJECT

This three-acre park, located west of the village bordering Fort Pond Lake, is being developed by the Montauk Village Association. The land, acquired in 1962 as a gift from the Hamilton-Leeston Smith Corp., was dedicated to the memory of General Norman T. Kirk, Surgeon General of the United States Army, and a long-time resident of Montauk, in recognition of his fine record of service to his country and community.

When fully developed, the park will contain individual memorials to other Montauk citizens. There will be fountains, bird feeding stations, sundials, a pavilion, a wishing well, and native trees, shrubs and flowers. In the summer the park offers a lovely and natural tarrying spot for residents and visitors, right at the entrance to town. In winter it becomes a floodlighted ice skating center.

The Montauk Village Association concerns itself with the beautification of Montauk and the furthering of charitable, literary and educational matters of a public nature. Its members feel they have made substantial progress towards fulfilling these aims and are grateful for the community cooperation which has made it possible.

I.
THE TERRAIN

Montauk, a slender strip of land thrust into the Atlantic Ocean at the easternmost tip of Long Island, is but three miles at its widest from sea to bay. Yet it is unique in the multitude and variety of indigenous growth within that short distance. This natural growth is also representative of much of the vegetation on the East Coast of the United States from Massachusetts to North Carolina, as Montauk's topography is so dramatic that a favored soil and climate exists for the most rugged to the most tender of growth.

The almost ceaseless winds, ever-drying, ever-carrying salt and sand, sweep gustily from shore to shore. Mist, fog, gale-spread rains, scorching summer sun, all mingle throughout the seasons to challenge the life on the land.

Yet life is remarkably abundant and new life can be surprisingly easy to introduce if these very elements are accepted. The magnificent sea and the restless winds play the major role in the charm and challenge of living along the coast, and by being aware of their usefulness as well as their destructive powers, they can be made to enhance the differentness of the sea garden.

So to begin this little book, we started at the windswept dunes and moved across those three miles of this bold and beautiful land. In that short distance we walked from below sea level to heights of one hundred ninety feet, over grassy plains and wild, rough moors to the middleland. Thick oak forests dropped deep into ancient kettleholes shaped by the ice age glaciers, hiding ageless stands of trees, before we arrived at the further beach. Much is still untrammelled by man and provides us with a startling living history.

Our hope is to acquaint or re-acquaint the reader with some of the innumerable species observed that survive despite the extremes in such a varied terrain and climate. A number of natural ground covers, shrubs and trees are seen wherever one looks, and these, the hardiest and most useful, can and should be a part of everyone's garden planning.

Beach grass, bearberry, sumac, *Rosa rugosa*, bayberry, shadbush, beachplum, wild cherries, scrub pines and oaks boldly express the basic colors and shapes of this land.

But new plantings CAN be introduced that will complement the wild growth, providing we cooperate with and secure protection from those very elements that attracted us here. The lists and suggestions offered here were garnered from many gardeners who have experimented over the

years in this locale. The lists are in no way intended to be complete but merely a guide to some of the hardy old favorites and how to use them successfully.



Bearberry (Deer Food)

1. SEA SOILS

A countryside such as ours consists of several completely different substrata, each capable of sustaining some type of plant life. Many disappointments can be avoided if one recognizes the type of soil, and what can be grown on it the way it exists, and what can be grown by working other media into it.

The predominating substances along the coastal regions are sand, clay and rock, which contain little or no life, although they do contain mineral matter. Whatever thin layer is resting on these substances is the actual growing medium.

SAND

Sand is the pulverized rock of the shore and those living "on the beach" will have the greatest challenge in gardening. In a completely open, flat spot wholly exposed to the lashing winds, the air is always filled with sand and salt particles. The very first advice offered by every gardener interviewed was to immediately erect some type of shelter belt and then plant clumps of American beach grass in a staggered pattern. The waving, blond grass is completely hardy, clutching the sand so tightly that it prevents erosion.



American Beach Grass

Moving back from the pure sand, now held somewhat with the barriers and grass, the growing picture dramatically changes. The smallest traces of soil begin to appear on the sand, and actual growth exists. Here it is possible to establish a beachhead, creating with the windbreaks conditions for introducing growth if nothing natural exists. Most places "on the beach," actually adjacent to, or within about one hundred feet of the dune line, will fit into this category. The suggestions on the next page are some of the plantings and barriers that have been successfully used.

Natural Windbreaks

The sand dunes
Beach grass
Japanese black pine
Rosa rugosa
Red cedar
Bayberry
Russian olive
Barberry
Privet

Shelter Windbreaks

Post and rail fencing
Railroad ties
Redwood enclosures
Snow fence
Stockade fencing
Stone and brick walls
Wooden walks

(Many beach dwellers advise planting perpendicular to prevailing winds.)

Plantings Safely Introduced in This Sand Area

American holly
Beach pea
Beach plum
Beach wormwood
Bearberry (marvelous ground cover)
Cotoneaster
Dusty miller
Elderberry
Ivy
Junipers
Pyracantha
Rose of Sharon
Seaside goldenrod
Sedum
Silverweed
Yucca



Beach Plum

GRAVEL/ROCK

The hillsides and hollows inland from the beach are often covered with a few inches of top soil hiding a multitude of rocks and stones, and usually with clay on the bottom. Wild honeysuckle, sumac, beachplum, and blackberry seem partial to such earth, making the land appear well vegetated. But to start a garden, or merely to plant a tree or bush, can be frustrating. Unless one wants to import much topsoil, it is wiser to restrict your planting area or utilize the many plants that do well in such soil. The following can do well in poorer soil:

Beach plum
Elderberry
Honeysuckle
Iris (if good drainage and sun)
Lilies (especially tiger lilies)
Shadbush

CLAY

Clay, a hard, non-porous sub-soil, is often hidden just under the thin top soil, and the root systems of all but the most shallow-rooted, drought-resistant plants cannot penetrate it. It must be broken up and quantities of humus and manure worked into the clay, but it CAN be done. The best advice is to work only small areas. To pick-axe the hardpan is really hard work, and it is easy to become discouraged. But once a spot is prepared the inhospitable clay starts to crumble, providing the drainage essential to plant life. There are many soil testing kits on the market that the amateur can use to good advantage for quick determination of soil content and its alkalinity or acidity.



Shadbush

2. WOODLAND

If yours is a woodland site you probably have an acid soil because of the lack of full sun. But underfoot the treasure trove of natural growth can be your guide as to what you can grow.

Look for the tiny evergreen plants such as wintergreen, pipsissewa and partridge-berry, as well as many different kinds of moss and fern. The flowers of trailing arbutus have the most exquisite scent known to man and they are often half-hidden under a blanket of oak leaves. In the spring the blooms of such flowers as the arbutus, wild geranium, lady's slipper, trillium, lupine and graceful columbine are truly a delight and are usually irreplaceable. Many are protected by state conservation laws.

Your trees will include many varieties of the hardy oaks stretching for the sun. Each type oak has a different leaf and a different acorn. Chokeberry, commonly called wild cherry, may be prevalent and its white spring blossoms are lovely. But usually the wild trees become disfigured with cherry gall and unfortunately, even after some attempts to hold back by pruning, they cannot be saved. Holly, hickory, pepperidge, beech and shadbush often mingle with the predominate oaks.

In selecting new plantings, choose varieties from among the lovers of shade or partial shade that grow well in acid soil. Such shrubs as mountain laurel, rhododendron and azalea can adapt readily.



Mountain Laurel

BOG

Seashore bogs, generally considered as low, spongy areas continually saturated with underground water, provide the acid conditions necessary to a delightful array of moisture-loving plants, but these are for the most part extremely difficult to transplant. The wild evergreen cranberry thrives here, often encircled by shadbush.



American Cranberry

American cranberry (*Oxycoccus macrocarpus*) - trailing slender stems forming thick mats, delicate pink flowers in June and July, red fruit ripening in September and October.

TIDAL MARSH

Extended areas of wet, sodden land, often referred to by conservationists as the wetlands, have much more value than formerly supposed. A wealth of trees, shrubs and wild flowers thrive here and these areas provide the sanctuary essential to many water and land birds that would become extinct without such protection. The sounds and colors of a marsh or swamp are rarely heard or seen elsewhere and we who live nearby should learn their true value.



Red-Winged Blackbird and Cat-Tails

Besides finding the familiar cat-tail (*Typha latifolia* and *angustifolia*), used by mice to weave almost fireproof nests from its kaypok, you will take pleasure in finding, among many other species, some of the following:

Bulrush (*Scirpus maritimus*) - a soil-binding grass.

Iris (*Iris versicolor*) - commonly called blue flag.

Marsh marigold (*Caltha palustris*) - yellow-flowered perennial.

Reed (*Phragmites communis*) - tall, familiar tassel-topped.

Salt meadow hay (*Spartina patens*) - grows to over a foot in height, excellent reusable seed-free mulch.

Swamp rose mallow (*Hibiscus moscheutos*) - lovely large pink flowers on tall plants.

Swamp or False sunflower (*Helenium autumnale*) - known to some as sneezeweed, tall plant with yellow flower, its center a yellowish-brown.

II. WHAT YOU CAN DO

1. MULCH

The sea wind cools, heats, salts and dries out soil and plants quickly, but an even temperature and moisture-filled ground can easily be maintained by covering the earth beneath your plantings with a two-or-three-inch layer of some shredded matter called mulch. Mulch is vitally necessary along the coast, and when purchasing plants or trees also purchase a mulch at the same time if you are going to do the planting yourself. Ask your nurseryman or garden-supply store which type is best for your needs. Get instructions on how to apply it as there are many different kinds on the market.

One of the easiest of mulches to use is peat moss and it can be obtained almost anywhere in all size packages or bales. Peat moss is wonderfully absorbent, neat, and a rich, brown color when wet, making it as attractive as it is useful. If possible it should be thoroughly wet before applying, but if not be sure to soak well immediately. If yours is a weekend retreat, before you leave soak the mulch well again. Even after a hot dry week the soil underneath should be cool and damp when you return.

Peat moss disintegrates, conditioning the soil. It does have a tendency to blow about if dry and it is therefore advisable, around larger plantings, to top with wood chips or the handsome pine bark which, being heavier, stays in place.

The coffee drinker who still brews his beverage can use the grounds as a mulch. As with other such materials, coffee grounds discourage weed growth.

Salt meadow hay (*Spartina patens*), referred to in the "Tidal Marsh" section, decomposes easily, is weed and rodent free, and is high in mineral content.

STONES AND PEBBLES

The seashore can usually provide stones, pebbles and rocks for the lugging and the smaller sizes can be utilized as a mulch. Place uniform-sized stones or pebbles to a depth of two inches and much moisture will be retained around your shrubs and trees. An edging of larger rocks or bricks will hold the stones in place and provide a pleasing appearance.

2. HUMUS, MANURE, COMPOST

Humus is the organic material, decomposed remains of vegetable and animal matter, present in any productive soil. Without humus soil is inert and without fertility. Leafmold comprises a large part of the natural humus in woodland, dead weeds and grasses in meadows, and peat from dead water plants in ponds or swamps. Humus is generally dark, loose, porous, absorbent, and contains plant-food elements. During the growing season some of the mulches as salt meadow hay, and peat moss to a lesser degree, add humus to the garden soil if they are worked into the soil. In poor soils such as clay or sand, 75% peat moss can be added as a soil conditioner, or lesser amounts if some top soil is used with it, and to promote aeration. Humus is used to good advantage in planting holes.

Manure is a mixture of animal and vegetable matter used to enrich soil. It is usually thought of as animal droppings mixed with straw. Manure is best when composted and watered and should not be used fresh except in late fall. Cow manure is probably the best fertilizer of all. If you are lucky enough to get some fresh cow manure, let it set in a burlap bag in water for about two weeks. Then dilute in portions of one-quarter manure to three-quarters water to the color of weak tea before using.

Compost is a preparation which supplies humus and food elements to the soil in a safe form. In barnyards and in some corner of large country gardens, most of us have seen this rich, loose, friable (easily-crumbled) material.

To start a useful compost pile, a pit should be dug. About six inches of turned-over sod, or cornstalk, should form the bottom layer. The next layer should contain about four inches of cow manure, over which lawn cuttings and kitchen leftovers are placed. As these layers are alternated, each layer should be sprinkled with lime or a commercial fertilizer to hasten breakdown of the pile and to add to its food value. The pile should be watered each week during dry spells and its top should be concave to collect rainfall. If the pile is begun in the spring and is forked over and kept moist to hasten decay, it may be ready for use in the fall.

3. PRUNING

Nature prunes with shade and wind, ice and snow. The gardener prunes his plants with saws, shears, clippers, to remove dead wood, change plant shape, or to increase flowering.

When any broken or dead branch is to be removed from shrub or tree, the cut should be a smooth one and the wound dressed with a good nursery preparation to prevent decay.

Evergreens are clipped, if necessary, in the spring when growth is just beginning to promote denser foliage because of the tendency of branches to form more than one growth bud when cut. Deciduous trees are usually pruned at time of planting. Spring blossoming shrubs should be pruned only after flowering. Summer tree pruning increases flower and fruit yields while winter pruning increases branching and foliage.

Root-pruning encourages formation of flower buds, while disbudding by hand is employed to produce fewer but showier flowers. The latter is common practice with dahlias, chrysanthemums, peonies, and roses.

Hedge plants are trimmed during the summer months as needed.

Native shrubs, such as bayberry and beach plum, should be cut way back at time of planting. Nursery "hardened" holly need not be trimmed back at planting, but if the holly is brought in from the woods in the early spring, special care is required to keep the root system and tap root intact and some cut-back is desirable.

While pruning is often employed to excess by the new gardener, he may always feel sure of his judgment when removing "suckers" such as those at the base of lilac bushes!

WINTER PROTECTION

Established native plants usually need no winter protection, but new plantings, especially after an exceedingly dry summer, need fall watering and -- that magic word -- mulch. Since snow (the poor man's fertilizer), a good ground cover during the winter, cannot always be depended upon, evergreen branches and hay coverings keep the ground temperature from alternate thaw and freeze. Soggy leaves will not do the job well, but peat moss, manure, wood chips, a mixture of fertilizer, soil and sawdust, or of fertilizer, straw and salt marsh hay, will do their work well. Contrary to popular misconception, mulch keeps the soil frozen rather than "keeping the roots warm!"

To avoid winter-burn from drying, cold winter winds and from the bright sun when the plant cannot obtain water from frozen soil, water well in the fall. Once the ground has frozen, plants needing protection can be framed with barriers covered with burlap or plastic, or wrapped with burlap. If the plants are covered with plastic bags, the bags should be vented to permit some circulation of air. In place of wrappings, plastic sprays may be applied in late fall and again in mid-winter.

Native hardy groundcover plants are the best mulch of all.

III.

WEEKEND GARDENER

1. POTS, BOXES AND BASKETS

Seaside homes are often week-end homes, so minimum maintenance is a must. The joy of a country week-end is outdoor living and a favored spot should be selected early. Provisions for the patio, outdoor furniture and the barbecue are as important as furnishing the interiors. Right then some thought should be given to enhancing the setting with flowers and greenery, even if you are smack on the sand.

Pots

The simplest solution is to select a cluster of different-sized pots which can be purchased in a variety of colors and textures. Arranged in a group, they will immediately create a vivid splash of color. Bright geraniums and petunias are unbeatable for all-summer blooming at the shore if merely protected from the scorching sun and placed away from prevailing winds. Pots do dry out much quicker than ground plants, so watering is of primary importance. By putting pots in larger pots such as the decorative type, moisture can be conserved longer. If the tops of pots are covered with pebbles this will also help in retaining moisture from

weekend to weekend. A liquid fertilizer applied according to directions several times during the summer will provide the only extra nourishment needed if a good loam is used. Pick off the flowers as soon as they dry to insure continuous blooming.

In selecting pot plants it is wise to purchase plants that were started relatively nearby as they will have become acclimated to conditions similar to those they must endure. Seaside conditions are different.

Among the many plants that do well in pots are:

Begonia (Many varieties, prefer a bit of shade)

Chrysanthemum

Geranium (All types)

Impatiens (Single and double)

Marigold

Petunia (Marvelous array of double, single, trailing)

Pinks (Dianthus)

Salvia (Red or white)

Tiny tomatoes

Boxes

Window boxes have again come into their own. All over America villages and shopping centers are full of their instant color and the containers are as attractive as the plants. Round and square, masonry, plastic and redwood,

painted or unpainted, window boxes are obtainable everywhere.

By the sea boxes should be low, even dug into the ground a bit so the sneaky winds won't topple them. Most boxes come with drainage holes, which are essential. If not, pebbles and gravel must be placed at least two inches deep to assure drainage and aeration. Boxes must be filled with good loam. Water them prodigiously and you can grow almost anything in them including vegetables. Loosen the dirt in the boxes occasionally and apply liquid fertilizer.

These are some of the plants that will thrive in boxes:

Ageratum (Blue, white or pink)

Alyssum (White, wonderfully fragrant
in the sunshine)

Begonia

Coleus (Large selection of leaf colors)

Geranium

Ivy (English, Baltic, others with
variegated leaf)

Marigold (Dwarf stock preferred)

Petunia

Salvia (Blue or red)

Verbena (Both annual and perennial)

Vinca (Periwinkle, a trailing evergreen
with blue flowers)

Zinnia (Available in all colors except
blue)

Baskets

In recent years the old hanging basket has been most successfully reintroduced and rightly so. During the latter part of the nineteenth and early twentieth century, from the wide verandas of the period were always hung circular wire frame baskets locally called Ox Muzzles. The frames were packed with moss and dirt and usually planted with such varieties as vinca, asparagus (Sprengeri), petunias, sweet alyssum, begonias, ivy and, of course, the trailing ivy geraniums.

Today, with the advent of packaged growing media and splendid new varieties of the old favorites, baskets can be truly spectacular. Choose a somewhat sheltered spot, anchor the basket well so it won't toss in the wind, and in a location where the continual watering necessary won't be untidy, and you'll create eye-catching, suspended beauty.

There are new exciting fuchsias readily available that really do cascade. The leaves are glossy green and the blossoms range from red to purple, blooming continuously all summer. Many new trailing petunias in a myriad of color are ideal, as well as such geraniums as the strawberry geranium. The new plants of the strawberry geranium appear from hanging runners trailing way over the edges of the basket. Ivies, vinca, tuberous

begonia and the Sprengeri fern are only a few of the plants most adaptable to baskets.

It is possible for your nurseryman to plant baskets for you, which for the short-term dwellers would be most practical. Watering cannot be over-emphasized along with liquid fertilizer applied throughout the season. Check whether your choice of plants or bulbs prefer full or partial sun.

2. NATURAL SETTINGS

For those who have neither the time nor inclination for gardening, non-growing media can also help to quickly create attractive, colorful exteriors. Two or three different-colored and different-sized gravels, spread in sections adjoining one another, can give the effect of levels or terracing. Railroad ties lend height.

Stepping stones of flagstone, rock or brick blend beautifully with gravel and make a completely natural-looking setting. If there are a few large, interestingly shaped rocks, well-placed, they will help the terraced effect, and around them some of the rock garden plants that need so little attention can be planted. Sedums, thyme, houseleek ("hen and chickens"), and moss pink (*Phlox subulata*) are a few cranny-creeping plants.

3. BALLED AND BURLAPPED

Most nurseries are stocked with trees and shrubs already balled and burlapped. When purchasing, be sure the type selected is suitable for your particular location and that the shrubs are not brown or dried out.

Preparation is vitally important, so dig a hole at least a foot deeper and a foot wider than the ball. If there is clay at the bottom of the hole, pierce it in a few places before putting in good topsoil mixed with the fertilizer recommended for each type plant. Water the bottom thoroughly before setting in the plant. Don't remove the burlap, but it can be loosened a bit. Set to the original level on stem or trunk and fill around with good soil. Water again thoroughly. In fact, one should ideally water repeatedly that first week. Leave a depression around the planting and place some type mulch (peat moss, grass clippings, wood chips) to a depth of three to five inches to help preserve the moisture. If possible, provide some wind-break until the plant gets established, and protect at least the first winter with screening such as burlap.

In choosing your balled and burlapped plants, check the height and width to which the plant will grow to avoid crowding or growing against the house. New shrubs look so

neat and small when purchased that the inclination is to plant them close together or too close to foundations, only to find in a year or two that they must be transplanted.

Among the many ready-to-plant varieties easily obtainable, the following have been found most adaptable to the coastal regions:

The Japanese black pine (*Pinus thunbergii*) is always recommended first as it can endure the brunt of the wind and salt as well as provide protection for other plant material. The Japanese pine three to four feet high is advised as it will grow about one foot a year even in a completely exposed area. Several trees planted three feet apart will make a good screen.



Japanese Pine

In the late spring the new glittering cones, called candles, are filled with saffron colored pollen.

In the Taxus family several types of yew are sold balled. Be sure to determine what variety of yew is to be planted as some species grow into a pyramidal shape, others stay short and round, and still others spread. Protect these against strong winds.

Junipers are another good selection and the most popular choice for foundation planting is the variety called Pfitzer. This juniper spreads nicely and will not be harmed by trimming.

Ilex, known also as inkberry, comes in many varieties. The hardiest is *Ilex glabra*, with shiny, evergreen foliage and black shiny berries. This is a shrub that thrives in shade or sun, grows in boggy or in alkaline soil. While it may spread by underground stem growth in thickets, *Ilex glabra* is easily propagated by cuttings. This shrub may be pruned into hedge growth or permitted to attain its height of about ten feet.

Japanese holly (*Ilex crenata*) is slow-growing and its attractive leathery foliage is less resistant to salt spray than the inkberry.

Rose of Sharon (*Hibiscus syriacus*) is a favorite hardy shrub which does well even in the poorest of soils. It has lovely blossoms from mid-summer on and often grows to a height of six feet.

Rhododendrons with their huge, leathery leaves and masses of bloom prefer a protected, shady site and acid soil.

Evergreen privet (*Ligustrum obtusifolium*) has shiny foliage and bears black berries. This and the California privet (*Ligustrum ovalifolium*) are relatively hardy.

Mountain Andromeda (*Pieris floribunda*), to be planted in some corner well protected from the wind, is also an evergreen. Winter buds and its white bloom in the spring make it a most attractive shrub.

The shrub Spirea is a hardy old-timer with pure white blossoms which grows to about six feet in height. The variety called Bridal Wreath (*Spirea vanhouttei*) has been a favorite for years.

Azalea, a member of the *Rhododendron* family, is another shrub packaged for planting. The azaleas prefer semi-shade and an oak leaf mulch to conserve soil moisture and promote good foliage and flowering.

Everyone loves the native American holly (*Ilex opaca*). This hardy holly will be found growing both in woodland and in sand. It reaches a height of about twenty feet, has bright red berries and shiny green sharp-edged leaves. To ensure a berried tree, at least two should be planted, one of each sex. You may find it wise to have a nursery man do the planting of any large holly as the root system does need special attention.

Russian olive (*Elaeagnus angustifolia*) is very popular along the sea. Several planted three or four feet apart create an excellent barrier, even near the dune line. They often grow from twenty to thirty feet in height and have a willow-like appearance with pale green silvery foliage.

Barberry (*Berberis*), a spiny shrub family, adapts itself to many different soil conditions and exposures. The wintergreen barberry (*Berberis julianae*) has dark-green leaves and bears blue-black fruit.

Common barberry (*vulgaris*) is deciduous and hardier than the wintergreen barberry. Its coral berries are attractive, as is its red fall foliage.

Arborvitae (*Thuja occidentalis*) is a fragrant, appealing evergreen with scale-like, dense foliage. Its pyramidal form is most frequently seen in nurseries. While it does need some protection, arborvitae will withstand fluctuations between heat and cold provided sufficient moisture is available at its base.

Boxwood is another readily available evergreen of slow growth like the arborvitae. This shrub-tree with small, rounded, leathery leaf prefers partial shade and also requires some protection.



Bayberry

IV.

GARDEN RECIPES

1. ROCK GARDEN

Coastal terrains lend themselves well to rock gardens. Outcroppings of boulders and rocks of irregular shapes are often found in abundance in full sun and partial shade. But even a flat, sandy bit of land can become a rock garden by terracing, adding soil, and binding it together with accents of old gnarled wood, odd-colored stones, and even beach glass. Such a garden is often an expression of the gardener's personality for he rearranges the ground into varied contours, combining delicate and sturdy, coarse and fine-textured plantings, all to look as if it had been there for years and years.

Rock gardens really do need some special planning. These gardens are often thought of as an attempt to grow things in poor soil and in poor locations. Although many plants will grow well in dry, poor soil, the addition of topsoil, humus and peat moss is essential to create a more interesting variety of growth.

Experienced coastal gardeners have suggested:

- 1) Remember that a natural appearance is sought.
- 2) Size and color of rocks are important, but don't use too many. Make sure the rocks and stones are dug firmly into the ground. The medium-sized layered flat rocks make a good home for the creeping plants.

- 3) Don't make the area so large or so steep that it becomes difficult to care for when weeding, thinning out, or adding new plants.
- 4) Good drainage is essential to prevent washouts and leaching of soil.
- 5) Most gardeners suggest starting at the bottom of the slope or incline and working up, to keep a good perspective.
- 6) The intensity of the sun and sweep of wind should govern the choice of plants. Many rock garden varieties love full, hot sun and are drought resistant, but with partial shade the choices are widened.
- 7) Don't restrict your garden to the low crawling plants. Avoid clumping, as the spreading varieties such as creeping thyme must have a year or two to produce the effect most desired.

We list but a few of the hundreds of varieties available.

Miniature evergreens have been perfected in recent years and several types are marvelous for the seashore rock garden. The popular Pfitzer juniper now comes in miniature as well as do several varieties of the yew. The Japanese taxus cuspidata and the dwarf barberries are particularly adaptable. These evergreens are so perfect in form that they look elfin because most of them do not grow over two to three feet after many years. The miniatures are more tender than their larger parents and need more protection in winter and should have relief from the drying summer sun and wind, but two or three add such a distinctive touch that they are well worth the extra work and cost.

Small Japanese black pines which thrive by the sea in any weather can be used as a beautiful background for the small plants such as the colorful ajuga with its broad shining green leaves and deep blue flowers, creating a lovely change in texture from the needles, cones and candles of the little pines. These pines can be cut, or tortured into interesting shapes and kept that way by yearly trimming, but if you don't trim each year, you will find yourself with a twelve-foot tree in the wrong spot.

The most familiar of the hardy succulents are the many varieties of hen and chickens (*Sempervivums*). They multiply rapidly and are almost indestructible. Rosettes of tiny rubbery plants surround the mother plant and each can easily be detached to start another family. They are most appealing in clumps, peeking out from rock openings. The colors vary from greens to darkest purple.

Sedums, also referred to as stonecrop, are another favorite hardy succulent group, disease and drought resistant. Most are creepers and many flower. Foliage comes in all shades of green, red and purple. These are readily available at roadside stands and nurseries. And you will find that friends are always ready to swap clumps of their varieties for clumps of yours. A rock garden is a friendly sort of garden.

Dragon's blood (*Sedum spurium*) is an excellent sedum choice as it makes a low, hardy and quick-spreading cover with bright red clusters of flowers blooming continually from early spring to fall. It is drought-resistant and grows equally well in sun or shade in fair soil.

Thyme, particularly creeping thyme, is the delightful mauve herb, aromatic when crushed, that forms a flat soft carpet, filling crevasses and flowing over rocks. Don't crowd. The effect of the hardy thyme in a year or two permeates the entire garden.

Another excellent ground cover which spreads rapidly is common bugle (*Ajuga reptans*), possessor of lovely blue flowers on tiny spikes growing upward from glossy green leaves. With the help of the wind and the bees which love it, you might find it cropping up several feet away from the mother plant, growing in your driveway.

The striking yellow alyssum of early spring is *Alyssum saxatile*, commonly called pot or basket of gold. It grows lushly in clumps to about one foot. A second flowering often results by cutting back the first blooms as they fade.

Every rock garden should have some pinks (*Dianthus*) as these dainty, long-blooming, scented flowers thrive in any sunny spot.

If you have a dry, hot, sandy spot, try native cactus (*Opuntia humifusa*). The waxy vivid-yellow flowers on prickly green succulent leaves add a new texture to your garden.

Another attractive flowering ground cover is creeping phlox (*Phlox subulata*), an evergreen, often called moss pink. It grows to a height of four to five inches and is a mass of color with lovely tiny fragrant blooms in the spring. Phlox likes sun and is adaptable to dry areas.

Lovely dwarf iris blooming in early spring are available in many hues. Short and stocky cushion mums are wonderful for contrast as they are masses of color in the fall when many of the other plants will be resting.

Try some of the heaths, which are little heather-like shrubs growing one to two feet tall. They do well in hot, sandy locations and colors range all the way from white to red. Add a clump or two of the taller heather that in its native form casts a purplish blue across the fall moors.

Snow on the mountain is an annual growing to two feet. Its white-margined leaves and small white flowers complement the blues, yellows and pinks of other plants.

Rock-cress (*Arabis*) -- be sure to choose the perennial -- lives up to its name. Eight-inch-high plants, its varieties include white, pink and purple flowers.

Sandwort's white flowers (*Arenaria Montana*), just six inches high, provide a cascading effect over rocks or driftwood. And the grey-green dusty miller, growing in beach sand, offers another color and texture contrast.

Bearberry seems to grow everywhere, even along the railroad tracks in the cinder beds. Montaukers call this hardy, green woody plant "deerfood." Bearberry offers a change from the softness of some of the rock garden plants that have been mentioned. Its berries are a bright red and the foliage remains green year-round. Most people find this difficult to transplant.

Put in a few bulbs for spring surprises, grape hyacinth, its low purple setting off that pot of gold, and snowdrops, the first glimpse of spring white, tucked in beside the yellow and blue of crocus. These small bulbs will not look untidy during their resing period.

A rock garden may be your least demanding garden because of its permanence. Once established it is always there to enjoy each season. The most you will have to do is to provide a bit of nourishment each spring, -- and find a good home for the plants that have doubled, tripled, quadrupled...

2. HERB GARDEN

Uta Hagen's Ophelia carried sprigs of fresh sweet-scented rosemary gathered in the Cape Cod fields when the esteemed American actress made her debut at Dennis, Massachusetts, and it began her ever-continuing delight in the touch, taste and smell of herbs.

Her Montauk garden, dampened by the salt spray from the pounding surf, thrives luxuriantly. Delicate annuals and perennials that seemingly have no place at the shore produce flowers more vivid and tastes more tangy, for their nearness to the salt and mist adds a special zest to the garden.

These are among Miss Hagen's favorite herbs and how she grows them:

Fennel (*Foeniculum*) is a tall perennial (three to four feet), usually grown as an annual, with thin, delicate leaves and umbels of yellow flowers producing tiny aromatic seeds. It does well started from seed in a sunny spot in the spring. The flavor resembles licorice and the herb has a number of uses. Tender roots as well as the leaves are used fresh in salads and the leaves are an excellent garnish for fish. The seeds can be used for pastry flavoring, and when the leaves are dried a pleasant tea can be brewed from them.

Dill (*Anethum graveolens*), an annual started from seed, grows easily in any fair soil to a height of over two feet, its feathery foliage crowned by huge, flat, seed-packed flowers. The seeds are used extensively in pickling, but try the caraway-flavored leaves

in soups, salads, and as a garnish. A little goes a long way. Both seeds and leaves can be dried, and the plant is so attractive that Miss Hagen uses it as an ornamental as well.

Sweet basil (*Ocimum basilicum*), a pungent annual, should be started very early and transplanted to a sunny, moist site. The triangular dark green leaves smell and taste a bit like cloves and are used fresh in omelettes, salad, and with many tomato dishes. Leaves can be dried. The purple-bronze ornamental basil is also delicious and makes a most attractive border planting.

Any fair, somewhat dry soil will produce many of the hardy *Alliums* of which chives (*Allium schoenoprasum*) is one of the most popular. It is milder than onion and the thin fresh tops are chopped for soups, salads and stews. It is easier to purchase a clump of chives and divide the bulbs. Plant in a permanent spot as they will last for years. The most attractive purple flowers resemble pudgy clovers.

Garlic (*Allium sativum*), like chives, should be bought in sets and the clove-formed bulbs can be divided into separate plants. They ripen in August. After picking, divide the bulb into cloves for use. Add sparingly to salads or rub inside the salad bowl. Miss Hagen tucks garlic plants among the taller flowers as an insect repellent.

Shallots (*Allium ascalonicum*) are the French chefs' delight. They are a subtle cross between onion and garlic. Grown from bulbs like garlic, the new tubular shoots soon produce the

enclosed cloves two to three feet above the ground. The tender shoots are finely chopped for salad and the new cloves can be divided and used in gourmet recipes of lamb and chicken as a sauce with butter. Hot shallot bread is more delicately flavored than when made with garlic. The bulbs should be dried in late summer.

Thyme (*Thymus vulgaris*) with its tiny green leaves is one of the most popular pungent herbs. It is widely used, fresh or dried, as stuffing for veal, fish and chicken, as well as fresh in salads. Thyme does well in fair soil in full sun.

Sweet Majoram (*Majorana hortensis*) is grown from seed in a sunny, dry location. The leaves, fresh or dried, are used in soups and egg dishes.

Camomile (*Anthemis mobilis*), (also Chamomile), is an aromatic herb with a slightly licorice scent. Attractive green curly leaves make a delicious tea when dried. Tiny, daisy-like flowers are long blooming. Camomile, grown from seed in fair soil, sun or part sun, is useful as a ground cover and emits a pleasant odor when trod upon.

Lavender (*Lavandula spica*) is a hardy perennial shrub. Both foliage and the pale-lavender clusters of bloom are fragrant. Dry leaves and flowers and tuck in your linen closet. Mulch the plant well in winter.

Mint (*Mentha spicata*), also known as spearmint is both hardy -- and persistent. Be most cautious in planting. The underground root system soon takes over and it is almost impossible to rid the garden, or nearby lawn, of it. Indeed, it is easier to purchase your mint leaves!

Tarragon (*Artemisia dracunculus*) is a perennial propagated by root division in the spring because it rarely produces seeds. It will do well in ordinary soil and partial or full sun. Fresh leaves may be used in soups and salads. Dry the leaves of this wonderful seasoning quickly and store in tightly-capped jars.

Sage (*Salvia officinalis*) is another perennial herb easily established in the garden in average soil. Its delicious flavor is well known and widely used for seasoning in poultry dressings and stews.

Lemon Verbena (*Lippia citriodora*) is a "greenhouse type," tender, in need of being taken in during the winter. While it may be used for lemonades or tea, the main appeal of this herb is its gorgeous scent.

Parsley (*Petroselinum crispum*) is a familiar biennial herb. Sow its seed early. This slow starter grows vigorously as the season progresses. When planted alternately with ornamental basil or alyssum, curly parsley creates a beautiful border.

And of course Rosemary (*Rosmarinus officinalis*) of legendary fame. This lovely shrub is best obtained from cuttings and put in a permanent sunny location. The branches, with narrow green leaves and light blue flowers on tall spikes, make it an excellent, scented cut flower. The tender leaves are used in lamb dishes and when dried make a pungent pot-pourri. This plant can be potted and brought into the house for the winter, where its fragrance will last and last.

"There's rosemary, that's for
remembrance...there's fennel
for you, and columbines;
there's rue for you..."

Ophelia
Hamlet -- Act IV
Shakespeare

3. OTHERS

Gardeners at Montauk, as well as gardeners on Block Island, Martha's Vineyard, Nantucket and the outer islands of Massachusetts cope with predictably unpredictable conditions that prevail to a far lesser degree on the mainland shore. We were most fortunate in receiving a marvelous response and wise advice from many salty-thumbed Montaukers who, by trial and error over the years, have learned to garden successfully despite the harsh elements.

We were amazed at the astonishing number of different plantings that have been growing quietly in dozens of gardens in Montauk, and it made us realize that perhaps our seaside climate is not as inclement as we are inclined to believe and that gardening by the sea should not always be restricted as drastically as many suggest. The keys appear to be windbreak, fertilizer, and water.

We have incorporated many of the suggestions made throughout this book, but a listing in this section of their successful plantings dramatically reveals what ONE CAN DO.

Where to start, what fascinating faucet to touch on first? The rhubarb (Rheum rhaponticum) "hedge" grown by an old-timer, lasting over twenty years and providing many fruit dishes, in addition to its hardy perennial usefulness as a low windbreak? Its tall stalks and large leaves have protected many a poppy.

Some of those poppies (Papaver) have produced their seed for crusty, homemade rolls. (No need to be concerned about opium -- that species of poppy won't produce the drug in our temperate zone.)

We learned that an important practice for durable seaside plantings is that of "hardening." One life-long Montauker explained that his greatest success with Japanese black pine came from seedlings planted near the ocean. Those surviving their first year's exposure made far better growth than three-foot-tall trees planted at the same time.

Another Montauker noted that copying the selections that worked out best for neighbors with similar growing situations insured a beginner's success.

One gardener humorously told us that she has thrown lobster and steamer shells into her garden as well as fish bones and heads, an old Indian trick and easily available to shore fish eaters (especially when you have to dispose of garbage yourself). Dig these in deep!

The old seaside standbys were named repeatedly: the spring bulbs and iris, marigolds, lily-of-the-valley, the brilliant zinnias, pansies, alyssum, petunias, chrysanthemums, gaillardia, rose mallow, snapdragons, gloriosa daisies, cosmos, candytuft, portulaca, salvia, sweet William, poppies, bachelor's button, protected dahlias (be sure to disbud) and peonies and lantana, dianthus pinks, cockscomb (absolutely superb in salt air), Nippon daisies, forsythia, common white and lavender lilacs (be sure to use bone meal and lime yearly), *Rosa rugosa*, a variety of ramblers.

Take a breath...Protected weigela, flowering almond usually next to beachplum (their blossoms complementing each other), magnolia if "placed in the right spot," willow (needing protection until established say the Montaukers), Scotch broom, pussy willow, pyracantha, bridal wreath, Rose of Sharon, protected andromeda.

The mock orange (*Philadelphus coronarius*) does here too. If given some protection its fragrant creamy white flowers are an unfailing delight. The snowball viburnum is the most common of the locally grown viburnums, other than the many native varieties. It is exceedingly hardy and has showy round white clusters of bloom in the spring.

Beach cactus (*Opuntia humifusa*), fast disappearing from its natural haunts, bears lovely yellow June-July flowers which give way to edible fruit.

And the vines, -- trumpet, wisteria, bittersweet, honeysuckle, grape, ivies, vinca, Baltic and English, and the sheltered Kenilworth.

And the trees, -- poplars, linden, crab-apple (Bechtel's crab), plane or buttonwood (*Platanus occidentalis*), the London plane (*acerifolia*), American holly (don't forget the holly food!), Russian olive, black pine, and the wonderful Kwanzan cherry (*Prunus serrulata* Kwanzan), hardiest of all double-flowered deep-pink oriental cherries with fine fall foliage.

The waterlily grows wild in Montauk and gardeners cultivate this beauty for their own ponds.

We were told to think of where a tree might be if nature put it there, the willow in a lower spot but with good drainage, on some south side because willows like the sun. And be grateful for snow, the poor man's mulch and fertilizer.

If only a small area is available, plant a bed of dwarf marigold, or flaming salvia encircled with white salvia or baby's breath, closely together. Your vignette will require no weeding.

The Dr. Robert Hastings Melchionnas have chosen one of the most rugged spots in Montauk for experimentation with plantings. One hundred fifty-seven feet -- and three inches -- above sea level, exposed to the northerly winds from Connecticut and the Sound, the northeasterlies from Rhode Island, the easterlies from Block Island, and to the airflow emanating from storm systems at Cape Hatteras, North Carolina.

They have not been dismayed by what would appear an impossible task. Their sandy acreage with accumulated World War II sentry debris, almost completely devoid of vegetation, is responding to their persevering three-years' search for plantings that will withstand the full fury of our salt-laden winds and storms. Their advice to new gardeners was terse: first plant the *Chrysanthemum nipponicum*, our Montauk daisy.



Nippon Daisy ("Montauk Daisy")

Ground in the areas used for gardening was supplemented with or entirely replaced by topsoil. Pfitzer junipers and rosa rugosa have done well. Low to medium height annuals and perennials have flourished -- asters, chrysanthemums, dahlias, daisies, daffodils, ageratum, pansies, petunias, marigolds, zinnias, and the small herbs such as parsley and basil, along with sedums, myrtle, artemisia and cacti. Marigolds and ageratum became attractive to the deer when the plants started to seed. They feasted on the petunia flowers throughout the blossoming season, a diet not adhered to elsewhere in Montauk.

Peat moss, bone meal and organic fertilizers are used with individual plantings and the lawn fertilized with 5-10-5.

Montaukers were equally in accord when it came to providing the many avid insect-eating birds, making provision for bird shelter -- both bush and house, splash and drinking shallows, grain and suet feeders, and plants bearing fruits attractive to birds. Most of these winged friends not only ferret out insects from beneath house and garage eaves, they also eat insect eggs, scale, grubs, larvae, weevils, caterpillars, spiders, beetles, lice and ants.

The fruits of holly, ilex, taxus, bayberry, red and black chokeberry, blueberry, blackberry, shadbush, spicebush (*Benzoin aestivale*), elderberry, viburnum, and many wild seeds, including those of pernicious weeds like crabgrass and ragweed are attractive to many birds.

Among the lovely birds visiting your garden in August will be the goldfinches, those "wild canaries," and cardinals, feasting on the seeds from your giant sunflower heads. Chickadees, purple finches, grosbeaks, pine siskins and others will busy themselves at the cones of your Japanese black pines, extracting the seeds. The plaintive nighttime call of the insect-eating, whip-poor-will, the melodies of the warblers, as pleasant as the sounds of surf and wind, the flashing bluejays, the mimicking catbirds -- these and many more can enhance your gardening efforts. The Bob-white and cardinals will surely make the use of an alarm clock superfluous.

While trees and shrubs offer bird shelter and nesting areas, don't overlook the quick-growing vines on posts and trellises that provide additional nesting spots while serving as screens and windbreaks.

If the hummingbird is one of your favorites, plant coralbells, gladiolus, trumpet vine, morning glory, daylily, petunia, cornflower, and columbine. And make certain that your hanging basket includes fuchsia.

There is nothing prosaic in successfully growing vegetables in a corner of your seaside garden. We've seen elegant string beans (plant every ten days), flourishing lettuce (plant weekly), corn swiss chard, ruddy beets, parsley, rosy radishes, onions, self-respecting carrots, zucchini and yellow squash, tomatoes, -- you name it.

Chicken wire fencing is needed to cope with rabbits and deer.

The experts say:

Work fertilizer well into the ground before planting.

Don't be too ambitious the first season when it comes to growing a wide variety of vegetables.

Keep "crawlers" -- watermelons, muskmelons, cucumbers -- separate, and keep cukes and squash away from the melon patch to avoid flavor changes.

Plant your radishes and carrots together, and close in line.

Use folding racks that are readily set up to keep tomatoes ground-rot free.

Use fine sand (not beach sand) between beets and carrots, they come up better.

Yank those weeds when they're small, if you don't want your gardening to become a veritable treadmill. There won't be any tough roots to get out later, and they can't make seeds for more weeds.

And you may find yourself growing snowball tomatoes, red lettuce, and lavender string beans.

As Mildred Howells wrote of "A Very Wild Flower,"

"Within a garden once there grew

A flower that seemed the very pattern
Of all propriety; none knew

She was at heart a wandering slattern."

And, of "The Difficult Seed,"

"And so it criticized each flower,

This supercilious seed;

Until it woke one summer hour

And found itself a weed."

Weed or wildflower? Any definition of a weed seems arbitrary when one considers that every plant has its own beauty and some use can be found for it, somewhere, somehow. It is to be supposed that any wild plant which grows in an area that doesn't suit the gardener's convenience, because it competes with his other plants, is to be labelled a weed. On the other hand, cultivated plants like sweet alyssum and Johnny-jump-ups which self-sow liberally and attempt to take over a garden, aren't dubbed weeds. We'll leave it to you to make your own choice. From now on we'll call a wildflower a "native plant."

Coastal wildflower gardens have been quite successful. Experienced gardeners emphasize duplicating as faithfully as possible the moist or dry, shady or sunny conditions, and the same soil and companions as found where the wildplant flourishes. If you are planning to try your hand at wildflower transplants, check the appendix listing for wildplants protected by state laws.

One of the easiest specimens to start with is the crinoline-petalled rose mallow, often called hibiscus. The Indians and early settlers used the root for candy, our earliest form of marshmallow. The mallow takes to boggy or dry soil.

Columbine (*Aquilegia canadensis*) of yellow petal and red spur, isn't too fussy and will take to slightly acid soil, needs little humus and loves sun. It self-sows generously.

Bluebells (*Mertensia*) will bloom for you by your pond, if you have one, or in your rock garden, and is quite self-sufficient.

The carpets of lavender-blue and white violets that flourish amidst wild grass, at woodland edge and roadside, transplant readily and need no care. Many woodland ferns will take to moist, shady spots, as will the dog-tooth violet (or trout lily), trillium, and Jack-in-the-pulpit.

After enjoying your success with several easy-to-grow species, you may be sufficiently intrigued to broaden your attempts to include a large enough variety so that your wild flower garden will bloom from early spring into late fall.

To name but a few of the hundreds of lovely flowers you may wish to plant in your wildflower garden:

From roadsides and meadow

Black-eyed Susan (*Rudbeckia hirta*), a winsome lass, and her pretty cousin, the white daisy (*Chrysanthemum leucanthemum*).

Butter and eggs (*Linaria vulgaris*), little cornucopias of yellow.

Buttercup (*Ranunculus*), familiar to all.

Butterfly weed (*Asclepias tuberosa*), aptly named.

Chicory (*Cichorium intybus*), as lovely a blue and hardier than larkspur.

Daylily (*Hemerocallis fulva*), tawny and easily established.

Evening primrose (*Oenothera biennis*), fragrant, yellow, inviting to night-flying moths.

Hawk weeds, Devil's paint-brushes (*Hieracium auranticum*), splashing fields in yellow, orange, red. Beware, it multiplies rapidly.

Lupine (*Lupinus perennis*), a real lavender-blue treasure, sometimes white or pink.

Morning glory (*Ipomoea purpurea*), with flowers that live up to its name.

Patridge pea (*Cassia fasciculata*), its golden yellow flowers and delicate foliage disguising its hardness.

Queen Anne's lace (*Daucus carota*), weed to the farmer, queen to the wildflower lover.

Sorrel, yellow wood (*Oxalis europaea*),
yellow of flower, sour of leaf -- taste
one.

Yarrow, do include one member of this
interesting and plentiful family.
Folklore here dubs the yarrow a
weather forecaster. Oldtimers call
it Indian Posey and say that snow in
the coming winter will pile as high
as the Indian Posey blossoms.

You may wish to try some dune inhabitants
first. Dusty Miller (*Artemisia stelleriana*)
with its grey-green woolly-haired leaves,
beach pea (*Lathyrus maritimus*), rosa rugosa,
beach heath (*Hudsonia ericoides*), these are
easy firsts.

Or if a section of your area has a boggy
spot, the lovely gerardia (*Maritima*) of rosy
purple flower, the cattail, any of the swamp
asters (*Aster puniceus*), the wonderfully blue
forget-me-not (*Myosotis scorpioides*), any
member of the staunch iris family (swamp), the
lovely wild calla (*Calla palustris*), all offer
a stupendous variety of color and plant forms.

Should your land encompass a moist woodland
area, your planting possibilities are enormous,
-- glorious ferns, Jack-in-the-pulpit (*Arisaema
atrorubens*), foam-flower (*Tiarella cordifolia*),
the trilliums, the many woodland violets, and
hundreds of other choices.

Many seed companies offer a large selection
of wildflower seeds. A wildflower garden,
whether patterned on meadow, dune, woodland
or bog, offers endless possibilities for
creativity not to be found in sophisticated
city plantings.

My Wild Flowers Anonymous

Written by H. J. Sobiloff, Montauk's Poet
Laureate, at Montauk's Stepping Stones Pond

I remember wild flowers in August
Wild flowers grow themselves
Their shadows blow in seagrass
The skylarks look through embarrassed wires
On flowers anonymous
Their wild petals delicate as baby skin.

I revisited their autumn wounds
My wild flowers anonymous
Like a painter at the scene
I sat on an antless mount
Among reeds and sound
Awake and speechless.

V.
GROUND COVERS, VINES

Ground Covers

Close to the beach ground covers are a must, for binding the soil, retaining soil moisture, and keeping the soil particles from being blown or washed away. Sloping banks are best held with American beach grass and natural growths of poverty grass (*Hudsonia tomentosa*) with its many small yellow flowers that bloom in the late spring (propagate by layering), Virginia creeper (which note under "Vines"), wild rose (*Rosa rugosa*), sand blackberry and wild grape (Fox or frost). Although the sandy soil is alkaline, bearberry (*Arctostaphylos uva-ursi*), which prefers a somewhat more acid soil, often adapts and will be found growing here too.

Beach heather (*Hudsonia ericoides*) and beach wormwood (*Artemisia stelleriana*) are excellent natural ground covers and assist in preventing erosion. The pretty perennial railroad vine (*Ipomoea pes-caprae*), a wild morning glory with bluish-purple flowers does well here.

You may wish to introduce some of the following hardy plantings behind an established shelterbelt:

Creeping juniper (*Juniperus horizontalis*), a vigorous evergreen which grows to a height of one foot and prefers a dry, sunny location.

Cotoneaster (Cotoneaster), of which the horizontalis is the best known, has a good, spreading growth habit, red berries and attractive foliage.

English ivy (*Hedera helix*), an evergreen which is hardier than Baltic ivy (*Hedera helix baltica*), doubles as a ground cover and a wall-climber.

Common periwinkle, or Myrtle (*Vinca minor*) needs partial shade for its dark evergreen foliage and its pretty blue spring flowers.

Pachysandra or Japanese spurge (*Pachysandra terminalis*) is another attractive evergreen needing moisture and some shade.

Some of the herbs, such as camomile, creeping mint, and thyme may be used in small areas and may be walked upon.

One of the finest ground covers is the Evergreen Candytuft (*Iberis*). Its beautiful white flowers last from March well into June. At times it remains in white bud all winter.

The wintercreeper (*Euonymus fortunei*) is another hardy evergreen that does well in this area.

Snow-in-summer (*Cerastium tomentosum*) is a fragrant, handsome, wooly-gray foliaged plant with white flowers in May and June. Its mat-like growth is rapid in poor soil and its ability to keep down weeds makes it a desirable ground cover in dry, sunny areas.

Vines

There are wonderful choices of quick growing vines, many with beautiful dense green foliage and bright showy flowers that love the salt air, making them ideal to soften house lines, cover bare spots, banks, walls, posts, fences and trellises. The vines listed here have all been successfully grown in our harsh climate.

Ramblers and Climbing Roses

In all seaside areas the climbing rose has had a unique place in East Coast America. The early houses and fences are almost always pictured with the southern exposure swarming with colorful blooms.

Ramblers are easily trained on posts and fences, and their inclination to root themselves makes them especially valuable in covering banks and ravines where they help deter erosion. They are hardy, withstanding the raw winds and salt almost to the water line and aren't particular about soil. Ramblers actually ramble, shooting long canes up and over, seizing new footholds by use of their large thorns. They do not have as colorful blossoms as the climbers but they serve many purposes so well that they should be considered for difficult spots.

Climbers prefer some type of support such as posts or trellises as they twine more than ramblers. The flowers are larger and more fragrant and many of the ever-blooming types flower almost continually all summer. Climbers should be pruned every year, whereas the rambler rambles and blooms without pruning. The uses one makes of it makes pruning important.

Some of the old favorites include:
Blaze -- Best known of all, scarlet blooms.

Crimson Rambler.

Dorothy Perkins -- soft shell-pink, fragrant.

Mary Lovett -- white.

American scarlet -- red.

Large flower varieties:

American pillar -- large, single, pink.

Hiawatha -- single, brilliant crimson.

Lady Gay -- delicate cerise-pink changing to creamy white.

New Dawn -- pink with huge four-inch fragrant flowers.

Paul's scarlet -- red.

Dr. VanFleet -- pink.

Most roses grown near the sea react to the fog and salt and may mildew. Mildew can be easily controlled by the use of Rose Dust.

The rather scraggly wild rose shoots and bushes seen everywhere are the root stock used to graft all American roses because of their tenacity and adaptability to our land.

Honeysuckle is one of the most easily grown vines and can be purchased in many varieties. By the shore the bush type thrives and is excellent as a wind break. It also is highly fragrant. The climbing varieties of honeysuckle are superb for walls and fences, but keep it under control. Soil is not too important to honeysuckle, which makes it available for all types of sea soil except pure sand. Hall's honeysuckle (*Lonicera japonica halliana*) grows quickly, makes a splendid ground cover, and will grow in poor soil.

Clematis, like the rambler rose, has been a standby in the coastal garden for generations. Clematis are either small or large-flowered. The small-flowering varieties creep rapidly over walls and banks generating dense green foliage. The more colorful star-shaped types do better on an upright support such as a trellis or post. Clematis should be planted in full sun, in fair to light soil. Most varieties are exceedingly hardy, but if in full sun all day, shade the bottom of the plants to prevent drying.

Clematis jackmani (often mistakenly called japonica) bears large, star-shaped, purple flowers often two and one-half inches across. Probably the best known of all, it blooms from July to September, growing to about ten feet. This vine should be cut back in early spring to about twelve inches. This is a delightful choice.

Clematis paniculata is excellent for fences or walls because it, too, is a rapid grower with dense foliage and masses of pungent white flowers in early fall. This variety, which grows to twenty feet, bears interesting seed pods that burst into clouds of fluffy white.

Clematis montana rubens is another hardy Asiatic vine bearing rosy-pink flowers in great profusion.

Trumpet vine, also called trumpet creeper, (*Campsis radicans*) spreads very quickly and is enjoyed for its orange-red trumpets that appear in August. Hummingbirds delight in darting in and out of the open flowers. These are best on their own support and pruned. Trumpet vines can become a bit of a parasite if left unattended near trees and shrubs. This vine is very hardy, withstanding much salt and wind, and lives to a great age. Usually the trumpet vine takes several years to bloom, so check the age of the plant you purchase.

Virginia creeper (*Parthenocissus quinquefolia*) is an interesting thin climber seen wild everywhere along the coast. It can be used on banks as well as walls. The five-petalled vine, clinging by tiny suckers, is often seen twining up trees, and adhering to walls or brick chimneys. It turns a beautiful crimson in the fall.

Bittersweet (*Celastrus scandens*), another rapid grower, is prized for its show of orange-red clusters of waxy berries in the fall. Bittersweet is excellent for use in winter bouquets. But it can easily become a parasite as its underground root system spreads in all directions and is most difficult to control. Plant with extreme caution on posts or fences well away from other plantings. Bittersweet is not particular as to soil.

Grape (*Vitus*) can be successfully grown in a sandy-gravelly soil on uprights or fences. Check with your dealer with regard to varieties and for any particular care necessary. The grapevine is a bit tricky to start but once established displays huge leaves and the wonderful fruit takes on the tangy quality of the sea and salt air.

Akebia (*Akebia quinata*) makes a dense screen with masses of white flowers and odd seed pods. Any fair soil is adequate and the vine is naturally disease-resistant and hardy. This vine looks lovely on high fences. Keep it under control as with all rapid growers.

Ivy is a must along the coast as it creeps, crawls and clings everywhere, giving it a million uses. Most varieties are exceedingly hardy, salt-resistant, and almost all evergreen. The Boston ivy (*Parthenocissus tricuspidata*) and English ivy (*Hedera helix*) are most used, particularly the Baltic variety of the English. These accept shade or sun.

Boston ivy has large, glossy leaves which turn red, orange and yellow in the fall. It will cling to almost anything, needing no support.

Wisteria (*Wisteria sinensis*), a woody climber, needs full sun and lots of water. Like bittersweet, it must be controlled by cutting back new growth and by root pruning. Its beautiful, lavender, delicately-scented blooms are a joy to behold in June.

Annual Vines

If one doesn't want a permanent vine, cover your fence or posts with:

Morning glory (*Ipomoea purpurea*), particularly the Heavenly Blue variety. This is a good choice, with gorgeous flowers late in the season. Soak your seeds overnight and start them early.

Moon flower (*Calonyction tuba*), a night-blooming vine with enormous scented flowers and large leaves. As with morning glory, soak the seeds overnight and start them early.

Nasturtium (*Tropaeolum majus*) is another seaside vine favorite because of its rapid growth and delicately-scented flowers. It may be used on slopes or on other supports. Nasturtium seeds should not be planted until there is no possibility of frost occurring.

VI. SHRUBS AND TREES

A number of shrubs and trees suited to seaside plantings have been mentioned in foregoing sections and some of them discussed in more detail in the Balled and Burlapped section. You may be adding to the natural growths on your land, or choosing a few of the hardier species along with some native shrubs and trees, thinking in terms not only of hardiness and the protection these afford but also in terms of shade, form, foliage, flowering and fruits.

As with gardening elsewhere, you will prepare the soil, fertilize, mulch, water at planting and often thereafter to establish good root systems. Your nurseryman will recommend cutting back (topping) the deciduous plantings by one-third. If dormant plants are put into the ground, you will hill up the soil at the base, wrap the larger trunks with burlap at first, and stake if positioned in a windy area.

The following listings of deciduous and evergreen shrubs and trees are marked "H" to indicate good degree of hardiness to salt air and wind. Native or naturalized shrubs and trees are noted with "T" if they are transplantable.

Evergreen shrubs

Bayberry (*Myrica pensylvanica*) (H,T) is highly recommended as a windbreak and as a good sand binder. The shrub is disease-free, its green, glossy leaves are fragrant, and chickadees and woodpeckers are among the many birds who adore the small, gray-white waxy berries in the fall.

Euonymus (*Euonymus japonicus*) (H,T) possesses glossy, dense foliage that withstands coastal elements very well. Additional points in its favor are its habit of rapid growth, its ability to withstand drastic pruning, and the easy rooting of cuttings made from the parent plant. The only disadvantage to planting euonymus in unfenced areas in Montauk and other deer-inhabited areas is that deer seem to prefer this shrub as a food above all others!

Firethorn (*Pyracantha coccinea lalandi*) is a sun-loving plant, demanding average soil of good drainage. This ornamental with its red-orange berries and glossy, thick leaves is used both for hedges and espaliered, vine-like, against walls.

Mugho pine, dwarf (*Pinus mugo mughus*) (H) is another sun-loving evergreen. Slow of growth, its form is compact and reacts well to trimming. It is useful both as a ground cover and as a windbreak.

Scotch broom (*Cytisus scoparius*) (T) is disease-free like our good friend, the bayberry. Rapid of growth and deep of root, it is an excellent soil binder. The thin, reed-like branches with their meager foliage and streamers of yellow blossoms belie this plant's toughness.

Yucca or Adam's needle (T) manages to keep its pineapple-like base foliage and to produce its many tall stems of lovely white bell-shaped flowers in a variety of soils. Its habit of forming auxiliary plants annually is useful to the gardener who wishes to place yucca to provide contrast to his other ever-greens.

Deciduous Shrubs

Arrowwood (*Viburnum dentatum*) is an adaptable member of the viburnum family, growing in sun or shade, and in most soils. This shrub, used by some gardeners for hedges, bears white blossoms. The blue fruit and red leaves are a joy to behold in the fall.

Beach plum (*Prunus maritima*) (H,T) is one of our finest rugged dune inhabitants. Its possibilities are manifold -- sand-binder, shelterbelt, ornamental. The beautiful white flowers, following those of the shadbush in the spring, the ruddy-orange autumn foliage, the dense foliage, all enhance the landscape. Not to be forgotten are the purple or yellow fruits used for pies, jels and conserves.

Beauty bush (*Kolkwitzia amabilis*) another sun-lover found quite often these days in sea-side gardens, bears pink blossoms. Later in the season its seed pods enhance its attractive form. This bush may be propagated from cuttings.

Blueberry (*Vaccinium*) (T) This berry family has many members growing in poor, acid-type soils, both in shade or sun. The May-June showing of tiny, bell-shaped blossoms produce delicious berries in August. In the fall their foliage glows in many hues of red-yellow-orange.

Chokeberry (*Aronia melanocarpa*) (T) black chokeberry, and *Aronia arbutifolia*, the red chokeberry, grow in sun or shade. Their foliage is sparse and for that reason a "thicket" of these plants is needed to create a pleasing picture.



Chokeberry

Cotoneaster (Cotoneaster) (H) This large family encompasses both groundcovers and shrubs, all requiring good drainage and full sun with no special soil requirement. Check with your local nursery as to the type meeting your needs of height and texture. Cuttings from your original planting can be used to increase the stock.

Elderberry (Sambucus canadensis) is a hardy native ornamental with large clusters of white flowers in June. Groupings of these shrubs produce a graceful appearance. The plant may be propagated from seed or by cuttings. Who has not sampled the delicious elder-apple pie, or the elderberry wine, made from its fall fruit?

Forsythia (Forsythia) is one of the most popular seashore shrubs and is available in many species, all of which blossom in various shades of yellow before the leaves appear. It is relatively hardy, grows in almost any soil and does well in sun or partial shade. Forsythia may be propagated by layering or by cuttings. Plant more than one for shelter barriers.

Groundsel bush (Baccharis halimifolia) (H,T) known also as salt bush, is as tough as its appearance implies. Its leaves are leathery and its white fruits prickly. Salt bush will be found growing from marsh to sand, nobly withstanding wind, sun and spray. Propagate this soil-binder from cuttings.

Lilac (Syringa vulgaris) (T) both white and purple, is a seaside favorite. Many hybrids, too numerous to list, are available. Full sun, well-drained soil, removal of suckers at the base of the plant, removal of old flowers, -- attend to these plant needs and the fragrant blooms and cool, heart-shaped leafage will do well.

Rugosa rose (*Rosa rugosa*) (H,T) is a natural shrub which will grow in pure sand, making a perfect, colorful windbreak. Single or double flowers bloom all summer. Its pulpy red fruits called rose hips contain an extraordinary amount of vitamin C and are made into a honey-like jel.



Rosa Rugosa

Salt tree (*Halimodendron halodendron*) is a "no-care" shrub. Its thorny branches, bluish-green leaf, and lavender flowers which become pods in the fall, complement other shrubs in the area. Propagate from seed or from cuttings.

Sea buckthorn (*Hippophae rhamnoides*) (H) is another spring shrub with foliage similar to that of the Russian olive. Its small yellow flowers appear in early spring before the leaf buds open. In the fall its orange fruits are conspicuous. It does well in sand provided that the shrub is well-watered at planting. As with American holly, shrubs of both sexes must be planted together to insure fruiting.

Shadbush, Serviceberry, Shadblow, Juneberry (*Amelanchier canadensis*) is truly a fairyland bush in late May and early June, its white fragrant flowers scenting the sea air. The ocean banks, roadsides, valleys and moors are host to clouds of blossoms seemingly billowing at rest wherever one looks. Its fall color is as beautiful. This wonderful shrub adapts to sun or shade, to damp or dry soils. The edible purple berries, prized by birds, are used by oldtimers for jels and added to other fruit pies. Try propagating by seeds from fruit pulp in June or July, or by spring layering.

Snowberry (*Symphoricarpos albus laevigatus*) (H) is an undemanding oldtimer, its appearance well described by its common name. Average to poor soil, shade or sun, hard pruning -- it takes all these in its underground stride propagating with root spread.

Spicebush (*Lindera benzoin*) (H,T) is another oldtimer, lending yellow flower, leaf, or branch for fragrant tea-brewing. As with sea buckthorn, shrubs of both sexes are required for the red fruits. Propagate by cuttings.

Sumac (*Rhus*) (H,T) comprise a wonderful tribe. Their enduring resistance to wind and spray, rapid growth, beautiful rusty-red fruits and colorful fall foliage -- here are aesthetic qualities combined with hardiness for a good windbreak. Divide the roots and plant more than one, the more the merrier.

One word of caution. As in some families, the sumac group does have a black sheep, poison sumac (*Rhus vernix*), sometimes called poison dogwood. Its fruits are whitish, distinguishing it from the other harmless sumac.

Summer sweet (*Clethra alnifolia*) is a desirable seaside shrub due to its ability to spread through growth of its underground stems. Its dainty spikes of fragrant white bloom in mid-summer, its clusters of peppercorn-like seeds, and its lovely yellowish-orange foliage in the fall make it a truly sweet pepperbush.

Tamarisk (*Tamarisk*) (H) is a sand-salt-and-sun shrub of deceptively delicate appearance, even to producing fluffy summer flowers. Prune this excellent windbreak shrub at planting and annually thereafter to encourage heavier foliage.

Weigela (*Weigela*) available in a number of varieties all needful of shelterbelt protection, is nonetheless a great favorite. Its pink, rosy, or red blossoms amidst good foliage makes the effort worthwhile. Propagate your favorite by cuttings.

Evergreen Trees

American holly (*Ilex opaca*) (H,T) symbolic of the Christmas season for many years, is found growing in sand, field, and forest. While slow-growing and not nearly as hardy as pitch pine and Japanese black pine, with some protection it will do well once it has become established. Trees of both sexes are needed to produce the red berries. Hardened nursery trees are most dependable, but transplanting is possible provided that the large ball of soil surrounding the root system is kept relatively intact and special effort made to keep the very long tap root undamaged. If you are holly-plant planting -- with permission, of course! -- what a never-to-be-forgotten thrill it is to find amidst the matted forest leaves a sprouted red berry with its minature tree. (This occurs with the ink-berry, when the berries fall into a favorable humus at the base of the parent *ilex glabra*.)

Pitch pine (*Pinus rigida*) (H,T), a much-maligned, scrubby native, is considered by many to be aesthetically imperfect, yet it does so well in sand and is so stubbornly unyielding to coastal elements that we would do well to use it in the first line of defense more often.

Red cedar (*Juniperus virginiana*) (H,T) with its needle-and-scale-like foliage and its dark blue berries, is an interesting and picturesque tree, even when its foliage is rusty in appearance from salt-laden winds. This cedar takes hold in poor, dry, rocky and sandy soils and keeps its spot in full sunshine.

Deciduous Trees

Ailanthus, Tree of Heaven (*Ailanthus altissima*) (H,T) found growing in such a variety of surroundings including cramped city alley-ways that many gardeners have come to regard it as a "weed-tree," certainly has a place at the seashore. The odor of the flowers on the male tree is disagreeable and so the female tree with its red fruits should be planted. Although the branches are brittle, ailanthus grows rapidly and a line or double row planting creates a good shelterbelt.

Autumn elaeagnus (*Elaeagnus umbellata*) (H,T) and Cherry elaeagnus (H,T) in the Russian olive family, considered as small trees or over-sized shrubs, do well in sun or partial shade, in clay or sand. These may be pruned and fed to intensify growth of foliage. Their dark summer leaves and their reddish-orange fall fruit make the elaeagnus a pleasing year-round addition to your grounds.

Birch, white (*Betula populifolia*) (H,T) graceful of growth in sand or bog, does best when planted in groups of three or more. The birch needs some shelter.

Crab apple (*Malus*) (H) - and what spring landscape is not enhanced by their showy blossoms, what fall by their crimson fruits. *Malus* varieties are many, all of them sun-loving and hardy. Although two or three years waiting may be required before the flowers become truly noteworthy, the rewards are great.

Honey locust (*Gleditsia triacanthos*) (H,T) rapid of growth and unparticular as to soil, is another suitable candidate for sea-side living. Limbs are not brittle but root systems are shallow. Until the tree is well established it should be supported.

Linden (Tilia) (H,T) like the ailanthus, has been overlooked until recently in the search for trees withstanding salt-laden winds. Check with your local nursery for the variety best suited to your needs of shade or windbreak.

Maple (Acer) (H,T) This genus is best represented by the sycamore maple (Acer pseudo-platanus) along our seacoast, doing well in most soils. The red maple is less sturdy but will do reasonably well. Stake, and prune the top at planting.

Mountain ash (Sorbus aucuparia) will produce, with minimal shelter, clusters of white spring flowers and of red fruit in the fall along with ruddy foliage. This ash enjoys a sunny location and average soil.

A different type of ash, the white ash (Fraxinus americana) (H) is far less decorative. Its merits lie in its ability to grow rapidly as a windbreak despite poor soil and exposure to salt-laden winds.

Some mention should be made of mulberry (Morus alba) (H) brought here from China. Although mulberry is widely planted inland, this tree is now being used in coastal areas in New Jersey and elsewhere as a windbreak.

Oak (Quercus) This family has several sturdy members that do well at the seaside, the black oak (Quercus velutina), the white oak (Quercus alba), and the blackjack (Quercus marilandica) (H). Obtain hardened young trees at a local nursery.

Pea tree (Caragana arborescens) (H) is a lovely tree of deep root system. Its May-June yellow blossoms are outstanding. The pea tree does well in average soil and makes a fine windbreak.

Poplar (*Populus alba*) (H) is another rapid-grower indifferent to poor soil and useful for a shelterbelt. Although its boughs are brittle, pruning will encourage trunk growth. Be wary about planting near foundations because their root systems tend to invade stonework.

Silk tree (*Albizzia julibrissin rosea*) (T), often misnamed mimosa, will do well only within a windbreak area. Its delicate form of branching and its pretty feathery flowers reward the gardener's efforts.

Spruce (*Picea*). Two varieties, the dragon spruce (*Picea asperata*), and the Colorado blue spruce (*Picea pungens kosteriana*) are relatively hardy for coastal planting, provided that you start small, protect during early growth, permitting your tree to acclimate.

Willow (*Salix*). What country child does not recall the first willow whistle of spring, whittled for him by a kindly grandfather? Or the first willow basket woven on a spring Sunday's picnic? There are many members in the *Salix* family, of whom two are used in shore plantings, the laurel-leaf willow (*Salix pentandra*) and the pussy willow (*Salix discolor*), with moderate success as windbreaks. These two willows have, however, proven their usefulness in a second line of defense as windbreaks. Another very attractive willow, the Niobe (*Salix niobe*), is frequently planted in more sheltered areas.

VII. MISCELLANY

1. FLOWERS

Starting a garden is like bird-watching. It may begin at any time. If you entertain doubts as to your gardening abilities, observe the wild flowers that bloom without the aid of man. Untended, a variety of natural blooms marks each growing season, be it one of drought or of excessive rainfall, of unusual heat or cold, of much or of sparse sunshine, of days of calm or of ceaseless wind. Insects assist in wild and in cultivated plant pollination, and birds, animals and wind spread the plant seeds.

After noting the natural growth in your area and deciding upon the most likely spot on your grounds as a starting point, evaluating shelter, drainage and surrounding vegetation, equip yourself with spade and spading fork, handtrowel, cultivator, and fork.

You may think, at first, that your primary concern will be that of continuous bloom. Actually, heights, shapes, hues of leafage and textures also offer endless possibilities. If you are unable to begin spring gardening with the sowing of seed from such dependables as marigold, zinnias, alyssum, nasturtiums, petunias, or the like, these and many other plant seedlings are available in trays at nurseries.

The ardent would-be gardener with insufficient time to be dedicated and thorough must avoid the temptation to undertake more than he can handle. Those tempting seed packets...those trays of plants...the neighbor's fragile blooms. "Don't bite off more than you can chew" is an old saw, and it does apply to gardening. Your thoughts may be slanted, say, toward gardening with the birds in mind, or you may be a butterfly buff. Perhaps it is your wish to create an all-blue flower bed, or a sensuous bower of lavender and pink, or a secluded spot of select miniatures. Exercise your creativity. Let your imagination run riot...and then start small.

The rewards are great. From the seemingly inert, sleeping garden, the first bit of green pushes through the soil. You may wonder, timidly, if it is a weed to be plucked...how confidence grows when you behold your first classic daffodil, or the splendorous tigerlily, or the strange phenomenon of the ghost lily...the first hummingbird at your rock garden's coralbells...the first benevolent ladybug...the fantastic apparition of the praying mantis, its fall egg sack on a plant stalk, and the incomparable sight of hundreds of tiny, perfect, baby mantis emerging from that egg sack...in your garden.

And now, down to earth.



Praying Mantis

Perennials are the mainstay of a garden. Hardy types can be chosen so that their blooms will span late winter through late fall, beginning with that weed-snuffer, evergreen candytuft. Many varieties of primrose come in as candytuft begins to fade. Columbine (aquilegia) in white and all hues of pink and rose, lavender and purple, takes over before the primrose is gone, and before the petals leave the crowned columbine, the showy tall-stalked lupines bearing dozens of turtlehead blossoms come into their own.

Those oriental poppies, with petals that look like crepe paper, huge dayglo-orange splashed with color, are a contrast to the lupine wands. A hint concerning this poppy -- plant in September, don't permit seed formation, and do not transplant. Mulch with loose materials, such as salt hay, to permit aeration at the base of the plants.



Yucca

The feathery wands of flax (Linum) have begun to show their small but wonderfully blue blossoms, and those sturdy upstarts, the Johnny-Jump-Ups (Viola family) have come up not only where they were planted but in other spots too.

The deceptively dainty yet hardy coralbells planted among the rocks continue to bloom, as does the snow-in-summer well into June. Other dependable perennials overlap in the succession of flower production -- yucca or Adam's needle, dusty miller, iris, day lilies, tiger lilies, the fabulous gloriosa daisies, the naturalized butterfly weed, adaptable rose mallow, gay gaillardia, stately statice. Don't forget those persistent pinks, or that the sedums and ajuga also add their faithful blooms to add contrast to the showier flower colors. Did we forget

that spring treasure, basket of gold? Or that summer bellflower (*Campanula*) that lavishes its blues, whites and lavenders so hardily? Thistle in your summer garden? Globe thistle (*Echinops*), of course. Save these tall blue or white flowers for drying when cut. They will be lovely to look at indoors all winter. And the chrysanthemums, choose them according to their habit of early summer, late summer, or fall blooming.

The city dweller who has enjoyed the florist's delicate, fragrant sweet peas wonders if sweetpea will thrive in his summer garden by the sea. It may, if it is babied. Why not start with the vigorous everlasting-pea (*Lathyrus latifolius*), a perennial of no fragrance but of profuse clear-pink, white or deep red blossom? It does well in ordinary soil and in sun or partial shade, making rapid growth each year. If no support is available this vine will spread its lavish floral display on the ground. Give it a post, a wire -- the long-stemmed sprays of flowers are more easily cut then for bouquets.

A perennial deserving paeans of praise is the shrubby Nippon daisy (*Chrysanthemum nipponicum*), the national flower of Japan, usually called by every daisy name except its own. The well-shaped, medium-green foliage provides an attractive background for the large white flower heads. The plant's hardiness has become almost legendary and this, coupled with the fact that any small branch poked into a hole in the soil promptly takes hold, makes the Nippon daisy one of the finest sea coast garden inhabitants.

But again, start small, and add several of those perennial treasures to your garden each year.

The hardy annuals which deserve special attention in your garden by the sea are petunias, both single and frilly of flower, marigolds, tall and short, jewel-toned zinnias, and the nasturtiums. What country child has not sipped nectar from a nasturtium flower spur? Sweet alyssum, its delightful fragrance wafting from the garden's border, the pretty-faced pansies, the many-hued portulaca growing in impoverished grit, snow-on-the-mountain seeding itself lavishly, an endless variety of hardy daisies, -- all these are almost as hardy as the petunias, marigold and zinnias.

Those gusty richly-colored snapdragons (Antirrhinum) do well in sunny coastal gardens if planted in rich soil. Pinch their tops when about four inches high for a bushy plant. What visiting youngsters won't enjoy learning that the snapdragon is aptly named, that each little head of the giant flower cluster snaps like a storybook dragon?

Against some windbreak or foundation, and well-staked, hollyhocks produce their many ballet-skirted blossoms in rich, well-drained soil. Dahlias fall into this protected category.

When buying geranium and corn flowers, check your species. Both come in annual and perennial types.

Two biennials enjoying good soil and moderate sun that do very well in seaside gardens are Sweet William of spicy scent (dry the blossoms for linen-closet sachets) and honesty (Lunaria annua). Honesty's purple and white flowers attract less attention than its fall seed pods, whose round, flat, parchment-like appearance has earned the nickname of silver dollars. Save those silver dollars for your bouquets of winter ornamentals.

2. BULBS

The most exquisite palette of flower color, texture and shape of leaf and plant, scent of blossom, rustle of foliage, and even that of flavor, arise from the corm, the pip, the rhizome, the root, the tuber. These lowly undercover agents, their appearance disguised as innocuous-appearing onions, wrinkled potatoes, shriveled peanuts and scaly parsnips, produce a spectacular variety of plants appealing to bird, bee and man.

A few of the spring and summer flowering miracles of growth that you may wish to use in your seaside garden are described.

Amaryllis (*Amaryllis halli*), which botanists call *Lycoris squamigeri* and which is dubbed Magic Lily, Ghost Lily, or Naked Lady by gardeners in as many different areas, performs twice each season. When the bulb is planted in a humus-rich soil, the lush foliage appears in June and lasts but a short time. In August, to the new gardener's amazement, lovely lavender-pink flowers appear on rapidly rising naked stalks.

Anemone (*Anemone*) or windflower is really a perennial herb, one species flowering in the fall and another in the spring. While the spring anemone is considered less hardy, it has been found practical in this area to plant the seed or tuber outdoors in the fall in rich soil in a partly shaded area. Their many-colored, large butter-cup shaped flowers and dainty leaves are a spring joy. (Plant two inches deep.)

Cannas (Canna) - a member of the Banana family! To show to best advantage their tropical-appearing foliage and brightly colored flowers, plant en masse in rich soil. If the roots are planted one and one-half feet apart, about four inches deep, and the plants are well watered, your canna garden will be a showplace. After the first fall frost, lift roots and store in peat moss in a cellar.

Crocus (Crocus), generally thought of as a harbinger of spring, also appears in fall-blooming varieties. Crocus corms are hardy and may be left in the ground. If their foliage is allowed to die down, the corms continue to multiply. These blooms show up best when massed. Plant about three inches deep with a mothball to avoid damage by mice.

Daffodil is a hardy bulb available in many varieties. Plant five or six inches deep. Allow the foliage to wither before removing. These bulbs may be left in the ground for many seasons.

The jonquil (Narcissus jonquilla) is often used as a synonym for daffodil, which it is not. Its foliage is rounder and the flowers appear as more than one on a stem. The narcissus group possesses a fragrance unequalled by the daffodils.

Dahlias (Dahlia) are not a hardy group, whether you seek to grow the miniature or the giant blooms. The tuberous roots, requiring careful storage during the winter, are planted six inches deep only after the danger of frost has passed. The plants must be protected from the wind in rich soil, leaving a depression around the planting, and well-staked. Disbud for showy blooms. The "potato" clumps increase each season and may be divided for additional plantings.

Gladiolus (Gladiolus), a member of the Iris family, have earned their nickname of "glad." Plant their corms six to eight inches deep in fairly good soil where liberal sunshine will reach the plants. For continual blooming plant about every two weeks and stake the tall plants. It is desirable to soak the corms in water before planting. Dig the corms up only after the foliage has browned, dry and store.

Hyacinth, that fragrant Dutch bulb flower, should be planted in the fall in good soil. After enjoying their spring bloom, allow the foliage to remain until dry. The bulbs may remain in the ground.

The grape hyacinth (Hyacinth muscari) is a smaller, earlier-blooming type, purple in color.

Iris (Iridaceae), ranging from dwarf to tall, comprises a very large family. Remember to plant the root horizontally with its cut fan of leaves partially exposed.

Lily (Lilium)- what a family this comprises! The day lily (Hemerocallis) is seen everywhere, indicating its hardiness. One of its most delightful species is the lemon-lily (flavia), its name implying its fragrance and color. The tiger lily (Lilium tigrinum) is another hardy old-time favorite, its thick stalk, dark leaves and firm orange blossoms flourishing in salt winds.

The fragrant Lily-of-the-Valley (Convallaria majalis), is also hardy but it does prefer its late fall or early spring pip plantings to be made in a cool, shady spot. As with other lilies, little foliage should be removed when cutting flowers.

A florists' favorite, the Calla Lily (*Zantedeschia*), will grow in protected seaside areas, providing weeks of bloom if bulbs are planted in weekly groups. The golden calla (*Zantedeschia elliottiana*) is mentioned here because it has done so well in a fabulous Montauk garden where the soil is medium-rich and where the plants receive full sun. Its large green leaves with their extraordinary markings of white translucence are most attractive. After danger of frost has passed, set bulbs about two inches. Lift them before cold weather arrives, drying and cleaning the bulbs before storing.

Oxalis (*Oxalis*) comprises a variety of clover-like leaf plants raised from seeds, root-stocks or tubers with a variety of uses. Some of these somewhat delicate plants do well in rock gardens or borders, others in hanging baskets. These must be planted after frost danger has passed and dug up before cold weather in the fall.

The Snowdrop (*Galanthus*) deserves mention. Its hardiness, and lovely white late-winter flowers, are pleasing to all. Plant the bulbs in August-September in moist good soil in partial shade. Do not remove foliage until it has withered.

Tulip (*Tulipa*), perhaps the most popular spring bloom of all, is available in many heights, colors and forms. Plant in the fall in reasonably good soil to a depth of five inches, cover lightly with mulch if in an exposed area -- and enjoy in the spring. Use a mothball as a mouse-repellent -- and screen above ground if your area abounds with deer, as they regard the tulip as a delectable spring salad.

The old-fashioned Tuberose (*Polianthes tuberosa*) has once more become a seaside garden favorite. Its fabulous scent and the waxy-white summer and fall flowers outweigh the fact that bulbs often flower for only one season and that the small bulbs that it produced must be grown for another season to flower. Plant one inch deep in the spring in ordinary soil, dig for storage in the fall before frost.

3. WILDPLANT EDIBLES

The Indians and our early settlers found nature's salty thumb wonderfully productive in coastal areas. In the years that followed much of this ever-present bounty was forgotten, and for the most part it was the botanists and ecologists who help retain and broaden that early knowledge in learned books.

Naturalists have gradually made us aware once more of our wildplant heritage, and now our Girl Scouts, Boy Scouts, and other young people's organizations are learning more about this heritage and teaching others. This small section of a small book makes no attempt to summarize so vast an area, but merely to introduce a few of the readily discoverable edible wildplants by those living on the seacoast.

Some of the berried wildplants are better known than others. What jels, conserves, jams and pastries are to be made from the brambling blackberry (*Rubus*), the tantalizing highbush blueberry (*Vaccinium corymbosum*), the red-red cranberry (*Vaccinium*), a real bog treasure. Every berry picker samples the blackberries and blueberries. But have you ever tried the uncooked tart cranberries? Grind a quart of them with two unpeeled oranges, adding two cups of sugar and mixing well. Refrigerate. And relish.

You may have sampled Elderberry (*Sambucus canadensis*) wine. When next you come upon the ripe, glistening fruits, pick some and add them to pancake batter, or to an apple pie filling. Luscious!

The ripe, wild Strawberries (*Fragaria virginiana*), if you can get to them before the birds do, possess a flavor no cultivated strawberry can equal. A shortcake, a jam made from this wild berry, these are a gourmet's delight.

Wild black cherry (*Prunus serotina*) and choke cherry (*Prunus virginiana*) tartly tart, ideal for wines and liqueurs, these are on a par with the dandelion heads meant for wine-making. And don't overlook the bounty of the tangled, twining wild grape (*Vitis riparia*) for the making of a refreshing juice, a lip-smacking jelly, a conserve to accompany venison or turkey...Need we mention its possibilities for wines?

The Beach Plum (*Prunus maritima*), prized by many generations of jelly-makers, does well in tart or pie. And Shadbush (*Amelanchier*), the serviceberry, isn't strictly for the birds. Try it in your favorite dumpling or coffeecake recipe.

Hazelnuts (*Corylus americana*) and Hickory-nuts (*Carya ovata*) from a nearby woodland can be added to your wild fruit biscuits, pies and jams, enhancing an already marvelous flavor.

You've never made rose (*Rosa rugosa*) hip jam? Pick the fruit when firmly ripe, remove stems and seeds, slice. Add one sliced lime (or lemon) and one sliced orange to each six

cups of prepared rose hips and stir together with four and one-half cups sugar. Add two cups water and keep for twenty-four hours.. Bring to a boil, then simmer, stirring frequently, until thick. Stir in three ounces pectin, simmer another half-minute, then cool rapidly. Pour into sterilized glasses, seal with paraffin.

Beverages, esoteric in nature? Dried flower heads of camomile (*Anthemis nobilis*) and red clover (*Trifolium*) make a fragrant tea, as do dried mint (*Mentha*) and sassafras (*Sassafras albidum*) leaves. The roasted root of the wonderfully blue chicory (*Cichorium intybus*) has long been used as a coffee extender.

Some savory additions to soups or stews? Try a few young, tender dandelion (*Taraxacum officinale*) greens, or several fresh chicory leaves, or sorrel (*Oxalis*), a sourgrass.

Salads? Again the young dandelion leaf, toss several into your salad for that bordering-on-bitter flavor, and try the early young milkweed shoots -- yes, milkweed (*Asclepias syriaca*), and the not to be forgotten wild onion (*Allium*) finely chopped.

The wild asparagus (*Asparagus*) - a taste of its tender, succulent spring stalk will spoil you for its cultivated cousin.

Seasonings there are aplenty. The dried seed of wild yellow mustard (*Brassica*), and of dill (*Anethum*), and of the caraway (*Carum*) long escaped from some ancient garden will do to start with.



Milkweed

Perhaps your grandmother prepared her special treat for you when you came visiting, squash blossoms dipped in batter and delicately fried? If you wish to experiment pick some day lily (*Hemerocallis fulva*) blossoms, newly opened, removing the base at its stem, dip in batter and fry.

Despite the inroads of civilization, it is possible to live off the land (provided that culinary ingredients are picked with an eye to avoiding sprayed areas and, in the case of pond, bog and tidal marshes, possibly polluted areas). Fun and adventure can mark a field trip when you explore your coastal strip and find the many varieties so readily available.

More filling are the starchy roots and tubers, and as easily prepared by boiling or roasting. (Sodium glutamate, anyone?) The cattail (*Typha latifolia*) that you've walked by so many times, and the Jerusalem artichoke (*Helianthus tuberosus*) crowned with a spray of pretty yellow flowers, the woodland Indian cucumber (*Medeola virginiana*), possess edible tubers, as do two well-known swamp pond inhabitants, the yellow-flowered spatterdock (*Nuphar luteum variegatum*) and the white sweet waterlily (*Nymphaea odorata*). Purslane, or pusley (*Portulaca oleracea*), another lover of moist ground is wholly edible, leaves, stems and roots.

Are you beginning to feel like the sorcerer's apprentice? Then take heed of bracken or brake, a plentiful fern (*Pteridium aquilinum latiusculum*). Pick the uncurled fern heads in the spring, steam, and serve with butter sauce. You may become so fond of these that you may wish to can some. A glass jar of these in mid-winter makes for quite a treat.

What of our woodland preacher, Jack-in-the pulpit (*Arisaema triphyllum*), alias Indian-turnip? The Indians boiled its hot-flavored bulb for food.

The lowly fungi become more appetizing when called mushrooms. Best known is the pasture mushroom (*Agaricus campestris*) which has lent itself to cultivation. Inky caps (*Coprinus*) are often seen by a fallen tree, and the morels (*Morchella*) also frequent woodlands. The whitish spectacular puffballs (*Calvatia*) appear at the edges of woodland growth.

But wait, the epitome of fungi perfection awaits your discovery during a stroll over the dunes. Growing in patches of deer food (bearberry), or sturdily alone in the sand, there stand the beautiful boletus, sometimes boletus cervi, but more often the sister boletus scaber, their firm caps varying from tan to yellowish-tan, from brownish-red to ruddy, their stout meaty stems a whitish contrast. Gather your treasure from late September until frost. The boletus have even been found in early November, so hardy are they. Prepare them as you would a cultivated mushroom. Use them in soups, casseroles, sauces, vegetable dishes, poultry dressings -- and broiled, to be sure, atop steak.

TAKE HEED: UNTIL YOU ARE THOROUGHLY FAMILIAR WITH THE PROPER SPECIES, MAKE CERTAIN THAT AN EXPERT ACCOMPANIES YOU OR INSPECTS WHATEVER YOU PICK.

4. WINTER BOUQUETS

An endless variety of spring, summer and fall nosegays are delightful to pick and enjoy during their seasons. So also many cultivated and wild shrubs, berries, plants and flowers can be gathered for winter bouquets, but they must be picked at the right time or they will not dry properly.

The few listed below are only a handful of the plant materials that can really dry well, but these are the most popular and most readily obtainable along the coast. In gathering material to dry, always take along sharp clippers -- never rip or tear the plant as insects will then take over and destroy it. Respect other people's property and ask permission to collect materials. Avoid trampling down vegetation. If you don't know whether something that looks pretty will dry, don't pick it; enjoy it in its natural setting.

Keep a chart as to when to pick and have an airy place to set or hang material until ready to assemble.

Bayberry -- Pick bayberry from September to frost. Hang it upside down after removing the leaves. Grayish-white waxy berries in clusters will keep for years. Don't gather bayberry with the idea of making pungent bayberry candles. It takes tons to mould one candle!

Cat tails -- Pick in marshy places before the fourth of July, otherwise the pods will burst open their kaypok. Take various-sized pods for interesting displays. Hang them upside down until dry.

Bittersweet -- Before frost, gather the orange-red, berried vines before the berries open. Remove the leaves and hang them upside down.

Mullein -- Cut the long yellow flower spikes from June to October. Stand them in a jar to dry.

Thistle -- Collect thistle in July or August. Heads and leaves dry well. Hang them upside down.

Sea oat -- Cut in September. Sea oat dries to lovely tans and beiges.

Milkweed pods -- Pick from August on.

Joe-Pye weed -- Cut this plant when color is at its best before frost. Stand in a jar.

Ferns -- Press the fronds. Take out of press before completely dry and stand in a jar.

Goldenrod (Solidago) -- Cut in fields in dry sandy places from summer to frost. Hang upside down.

Statice (Sea lavender)-- Pick this in marshy spots just before open (late August). Lovely lavender color resembling Baby's Breath. Hang upside down.

Dusty miller -- Pick along seashore from August until frost. Useful for foliage. Hang upside down.

Sumac -- Pick in the fall when it turns a brilliant scarlet.

Plumes -- Featherly plumes along marshes and ponds. Pick these late fall. Stand in jar. Plumes can be dyed.

Teasel (Dipsacus) -- Gather in fall before pods open. This ornamental biennial has a sharp, spiked head.

Pepperidge (sour- or black-gum) -- flaming red fall foliage. Pick (with sharp shears) a branch or two and press-dry quickly.

Sweet-gum (Liquidambar styraciflua) -- These spiny balls, picked in the fall, are a wonderful addition to many

Pine cones, of any and every species of the conifers, for the makings of Christmas wreaths, along with

American holly and its late fall red berries.

Queen Anne's lace (Daucus carota), a biennial from which we may have obtained our cultivated carrot -- this lovely, lacy bloom with its wide off-white or pinkish cluster enhances roadsides and fields from July until frost sets in. You will note it in the foreground of the cover photograph. Queen Anne's lace may be picked when in bloom and dried, which is rather more satisfactory than permitting it to dry on the plant itself.

If a clear plastic spray is used on the finished bouquet, it will insure that the specimens will hold together and will extend the life of the decoratives.

Chinese lantern plant or winter cherry (Physalis alkekengi) is a hardy perennial which grows to a height of two feet. This plant often self-sows and can also be propagated from cuttings. Its orange-red seed pods, developing during the plant's second year growth, adhere to stiff stems.

VIII.
CONSERVATION

"The shore is an ancient world, for as long as there has been an earth and sea there has been this place of meeting of land and water. Yet it is a world that keeps alive the sense of continuing creation and of the relentless drive of life. Each time I enter it, I gain some new awareness of its beauty and its deeper meanings, sensing that intricate fabric of life by which one creature is linked with another, and each with its surroundings..."

The Edge of the Sea
Rachel L. Carson
Houghton Mifflin Co.

When in a subsequent book Miss Carson linked the word "Silent" with the word "Spring," the very combination was awesome. A vision of a completely soundless season was too appalling to comprehend.

Although her book was primarily concerned with the ill use of pesticides, its implications were so staggering that the closely related fields of Conservation and Preservation began to really take on a new and vital meaning. Millions of people, city and country dweller alike, began to see how our lands have been senselessly ravaged and our water and air polluted; and they sensed the urgency of action.

We who live by the sea, either seasonally or year round, can do much to help, even as individuals and families. If we but reflect on what so attracted us to a particular coastal region, and then perhaps on what drew us to the individual spot we chose to vacation or live, we might find that we were conservationists all along. Was it not the magnetism of the wildly rugged natural beauty of the land itself -- the unique vegetation blending so marvelously with the sea and sky that spell-bound us, and we hoped it would never change? But what can we do?

First and foremost, the least amount of disturbance of vegetation and earth on the seacoast lands the better; and even inland, as the natural growth is what will grow best on that particular soil. For every clump removed far more work, and particularly preparation, are necessary before unacclimated vegetation can be reintroduced.

It is wise to inquire as to what you have growing before you disturb a thing, as the species are often unrecognizable. What might look twiggy and stark part of the year might very well be a wonderful native windbreak or perhaps a ground cover which actually holds the soil together preventing erosion and leaching. Bearberry, beach plum, shadbush, and sumac are just a few such sought-after plantings, and if you find them already established on your property, you are in luck.

The forests furnish us with shelter, clothing and heat, protect soil and water supplies and aid in flood control. If your area includes some woodland be extremely careful in starting fires. The humus beneath the trees is necessary for plant growth. Forest ground covers, ferns, patridge-berry and trailing evergreens conserve soil moisture by preventing erosion. The forest would die without such ground cover.



Oak

KETTLE HOLES

(This is a partial reprint of an article by Robert H. Brewster, Cooperative Extension Agent, Agricultural Department, Suffolk County Extension Service Association. He has visited kettleholes in the Montauk area where the innumerable items listed were seen.)

A kettle hole is a geological term for a large, steep-sided hollow, often found in moraines left by glacial ice, thousands of years ago. Dr. George Cushman Murphy refers to them as laggards from the ice-cap age (latest Pleistocene glaciation). Blocks of the glacier that plowed deeply into the substrata had become buried and insulated by aggradation. The biggest of them all in Suffolk, Lake Ronkonkoma, is 55 feet above sea level, 4,300 feet in diameter and 97 feet in maximum depth.

A kettle hole is nature's way of returning rainfall to our underground water supply. For this reason, they are vitally important to the future, as our demand for natural water increases in Suffolk County, especially at the eastern ends of the North and South Forks. Although our water supply is plentiful now, some predict that increases in the population and in industry will tax the natural water supply heavily in less than ten or twenty years, in Southold Town on the North Fork.

The flora around most Suffolk kettle holes can be defined as a typical beech, maple, hickory or oak forest. Some bases of kettleholes appear as ponds, others are loaded with aquatic vegetation, so appear as marshes, while others are drained dry. Kettle holes should be preserved for posterity.

They are "jammed full" of plants and wildlife. Some of our highest bird populations, both song and game birds, are found in kettle holes, because of abundant moisture, shade and cover. Squirrel, rabbit, fox, raccoon and opossum are found in and around such areas. Occasionally, turtles, toads, salamanders and frogs, as well as deer, may be found. Because they are so crowded with vegetation, kettle hole areas provide the basic food and cover requirements for wildlife communities, according to Anthony S. Taormina, of the N.Y. State Conservation Department.

Flora Often Observed in Suffolk Kettle Holes

Trees: Silver maple as well as six other native maples.

Shadbush are beautiful with their snowy white flowers in the spring, when the shad are spawning. A few fruit in the summer and their streaked bark in the winter, account for their popularity and the reason for sales in some local nurseries. Mr. Taormina says that there are actually three trees and four shrub serviceberries or shadblows native on Long Island.

The most distinctive tree usually associated with our shoreline is the black gum or pepperidge tree. Five native hickories and the American beech grow in these areas.

Wild black cherry is found in many wooded areas in Suffolk County and there are six native wild stone fruit or chokecherry trees on the Island.

American holly is now rarely seen but Northern red oak, plus a dozen other oak species abound here.

Shrubs: Summer Sweet is frequently found close to water in kettle holes. Because of its spicy, fragrant flowers in August and late summer, it too may be found in some local nurseries.

There are seventeen species of thorn-apple native on Long Island. The black huckleberry, highbush blueberry, wild currants and a number of other blueberries, dangleberries and huckleberries can be found.

The beautiful swamp azalea, arrow-wood and maple-leaved viburnums as well as eight other viburnums grow in this locality.

Vines: Perhaps the only foreign intruder found in kettle holes is the naturalized Japanese honeysuckle, but there are nine other native honeysuckles.

Virginia creeper, with its five coarsely toothed leaflets, is common says Dr. Murphy. There are seven native wild roses and occasionally you might find four other escaped roses but they are even more rare in kettle holes than the Japanese Honeysuckle.

A common vine is the cat brier, which has prickles and acts as a barrier for children to enter kettle holes. By the same token it provides excellent wildlife cover. There are five other wild green briars present in the North Neck kettle hole. Naturally there are some four species of wild grape.

Perennials: Of course, the most common perennials are the weeds, such as daisy fleabane. There are two other perennial fleabanes and four annual fleabanes native on Long Island.

One can always find the thistles and grasses, including red fescue, as well as five other fescues which have naturalized on Long Island. It is hard to tell these apart. Naturally, there are beautiful flowering perennials but many of them have been removed by garden lovers. Certainly local residents wouldn't dig them up.

Iris was noted in the North Neck kettle hole, either *Iris prismatica* or *Iris versicolor*.

Annuals: At least two annual species and two perennial species of nightshade, including the deadly nightshade have naturalized on Long Island.

Some other plants to be found in Long Island kettle holes are tree club moss and many generations of ferns.

For both botanical and economic reasons, Suffolk kettle holes should be preserved.

IX. SUGGESTIONS

Placement of plantings:

Avoid planting poplar, willow and wisteria near house foundations or cesspool because of root-spread.

Plant well within your property line. Many shrubs, trees and hedges grow quickly and spread more than the new gardener allows for. They many encroach on your neighbor's land.

Care of plantings:

If possible, plant and transplant on cloudy, even rainy, days, or early morning and late evenings. Cover tiny plants for a few days thereafter. Sprinkle steadily, only at evening or in shade.

Lavish your tender loving care at appropriate times. Wash off salt from leaves and branches after storms. Dusty leaves need baths too.

Support plants weak of stem or heavy headed.

Bulb plants:

Such plants as lilies and daffodils store energy in the leaves and must be left to dry. Tie daffodil, narcissus, peony and poppy leaves with rubber bands, bend over and secure with rock while leaves dry out.

Don't forget your new neighbor when you divide your plants and bulbs.

It is wise to trench gladiolas six to eight inches wide, digging down about ten inches, combining fertilizer with topsoil and bone meal. Plant bulbs staggered in a double row and as they come up keep filling in so they will come up straight.

Insects:

Keep insecticides well out of children's reach because many are deadly. Look for substitutes.

Among the many plants that have excellent insect repellent features are nasturtiums, marigolds, garlic, herbs.

Plant a clump or pot of tansy to repel ants as well as other insects. Sprinkle the dried leaves in the cellar where they give the same result.

page 97, Plastics Section, entire first paragraph
Plastics:

To conserve moisture during his three-week absence, the winter vacationer encloses his house plants in a plastic bag. So can the year-rounder who must leave his outdoor baskets and planters unattended while he is away. Be sure to provide a tiny vent.

If cuttings are placed in a plastic bag containing a damp mixture of half peat moss and half sand and the container placed in the sun, they will root quite readily.

Other thoughts:

Save all wood ashes. Ashes add potash to the soil, especially good for onions, roses and Oriental poppies.

Gather dried pine cones to start the fire in that fireplace. They often display sea salt colors.

If leaves of trees and shrubs look yellowish, the chances are that they merely need lots of water.

Save sawdust and use it as a mulch for roses. Screen leaf mold.

Seaside lawns are in a class by themselves and deserve an entire book. Let it be said: if you continue to run your lawnmower over a wild grassy area, it soon has the semblance of a cultivated lawn, provided the lawnmower is used unstintingly. (The State Department of Agriculture, through your local County Extension Service, makes available pamphlets with suggestions and recommendations for seaside lawns.)

Although you seek the seasoned guidance of local nurserymen and authoritative literature, be prepared for some disappointments. You may prepare the soil properly, select hardy plants and seeds and set them at the recommended time of year, mulching, fertilizing, watering, protecting, allowing for little or much sunshine, and while your neighbor's blue hydrangea and silk tree flourish, yours of identical stock and age may languish. Survey your terrain and you may find that your grounds are subject to a wind-tunnel condition, or that the dunes, or trees lining a roadway, make the prevailing air-flow on your land a wind-fall. Trees or dunes can create canyon effects. Thus you will find it necessary to relocate some of your plantings, or to create additional shelter with windbreaks.

PLANTS PROTECTED BY CONSERVATION LAWS:

CONNECTICUT

Full protection (Only landowners may destroy or collect)

Trailing arbutus (*Epigaea repens*)

Partial protection (Written permission of landowners required to gather)

Wild lily-of-the-valley (*Convallaria majalis*)

Patridge-berry (*Mitchella repens*)

Bunchberry (*Cornus canadensis*)

Checkerberry (*Gaultheria procumbens*)

Climbing nightshade (*Solanum dulcamara*)

Black-alder (*Ilex verticillata*)

Bittersweet (*Celastrus scandens*)

All evergreens, especially mountain laurel (*Kalmia latifolia*), ferns, vines and foliage branches of trees and shrubs.

DELAWARE Plants are protected by trespass law.

MASSACHUSETTS (Wildplant protection on state lands, written permission of landowners required to gather)

Mayflower (*Epigaea repens*)

Wild azalea (*Rhododendron viscosum*)

Wild orchid (*Cypripedium*, all species)
(Lady slipper)

Cardinal flower (*Lobelia cardinalis*)

During cutting of timber: Flowers, shrubs, ferns, sedge, grass, mould.

NEW JERSEY (Wildplant protection on state lands, written permission of landowners required to gather)
Holly (*Ilex opaca*)
Laurel (*Kalmia latifolia*)
Rhododendron (*Rhododendron maximum*)
Winterberry (*Ilex verticillata*)
Ground pine (*Lycopodium complanatum*)
And all wildflowers, shrubs, trees, vines, moss.

NEW YORK (Wildplant protection on state lands, written permission of landowners required to gather)
Trailing arbutus (*Epigaea repens*)
Lotus flower (*Nelumbo lutea*)
Flowering dogwood (*Cornus florida*)
Mountain laurel (*Kalmia latifolia*)
Pink lady's slipper or any moccasin flower (*Cypripedium acaule*, *pubescens*, *parviflorum*, *regina*)
Gentian (*Crinata*, *andrewsia*)
Ferns
And all wildflowers, shrubs, trees, vines, moss.

RHODE ISLAND (Wildplant protection on state lands, written permission of landowners required to gather)
Trailing arbutus (*Epigaea repens*)
American holly (*Ilex opaca*)
White pine (*Pinus strobus*)
Red cedar (*Juniperus virginiana*)
Hemlock (*Tsuga*) or other coniferous tree
Black alder (*Ilex verticillata*)
Inkberry (*Ilex glabra*)
Flowering dogwood (*Cornus florida*)
Mountain laurel (*Kalmia latifolia*)
Great rhododendron (*Rhododendron maximia*)
Ground pine (*Lycopodium complanatum*)
And all wildflowers, shrubs, trees, vines, moss.

TRANSPLANTABLE NATIVE PLANTS

Bayberry (*Myrica pennsylvanica*)
Beachgrass (*Ammophila breviligulata*) - Check
local ordinances
Beach heather (*Hudsonia ericoides*)
Beach pea (*Lathyrus japonicus*)
Beach plum (*Prunus maritima*)
Beach wormwood (*Artemisia stelleriana*) - Old Woman
Bearberry (*Arctostaphylos uva-ursi*) - Deer food
Cactus (*Opuntia humifusa*)
Dusty miller (See Beach wormwood)
Groundselbush (*Baccharis balmifolia*)
Marsh elder (*Iva frutescens ovaria*)
Seaside goldenrod (*Solidago sempervirens*)
Virginia creeper (*Psedera quinquefolia*)

ADDITIONAL NATIVE PLANTS

American beach grass (*Ammophila breviligulata*)
is the very best sand binder and is available for
purchase. From September to May plant it in
clumps of three to five vegetative culms on
twelve to eighteen inch center.

Beach goldenrod (*Solidago sempervirens*) usually
grows in between the beach grass clumps. The
leaves are smooth, thick and pointed. Fall
flowers are coarse and yellow.

Beach pea (*Lathyrus maritimus*), a trailer with
tendrils, is also found in between the beach grass.
Its bluish-lavender flowers are seen in July and
August, and its pea pods in the fall.

Chokeberry, red (*Aronia arbutifolia*) and black
(*Aronia melanocarpa*) grow in sun or shade, with-
standing salt winds. Fragrant blossoms in late
May and June give way to summer berries.

Hall's honeysuckle (*Lonicera japonica halliana*) is a vigorous crawler and climber, unlike the cultivated honeysuckles. The blossoms, of unforgettable fragrance, begin in June and continue into late fall.

Silverweed or wild or goose tansy (*Argentina anserina*) grows in salt meadows and in sandy fields from a perennial root, producing runners from eight inches to three feet long. Its serenely yellow flowers appear in May and continue into September.

BUGOLOGY

While wind and animals assist in plant pollination and distribution, the insects are also very useful in this respect. We make much of the bee for the part he plays.

The bright ladybug, consumer of aphids and scales, is now marketed in quantity, as are the egg masses of that voracious insect-eater, the friendly praying mantis. It is not widely known that the firefly, our luminescent glowworm, is carnivorous during its larval and adult stages.

Volumes are written on "bugology." If plant needs are met, its proper environment is the best insurance for health. Moist or damp, well-drained or boggy, sun or shade, acid, alkaline or neutral soil, rich soil or poor, need of proper support resulting in avoidance of abrasion or injury by limb-break, proper feeding, all these contribute to plant health. Remove diseased plants.

Frogs and toads as insect eaters, and garter snakes are all desirable garden inhabitants. The harmless green snake, garter snake, grass snake, desirable? Yes, they eat the mice who feast on your bulbs.

THE "CREATURES"

The engaging rabbits, playing leapfrog in the spring, bringing forth a chuckle with every antic. Until one fine morning you discover that your beautiful, self-sown pansies are devoured. Pansy salad. Remedy: dried blood from your nearest nursery -- or chickenwire.

Those graceful creatures, the deer, more domesticated at every turn, their radar-like ears, the whites of their tails as they bound away. Until they discover your prized tulips, your taxus, even the yucca, -- and especially that glossy, evergreen euonymus. Montauk deer must have had a goat somewhere in their family tree. For the past two years they have become almost domesticated and their tastes have broadened accordingly. Our unwanted pets have nibbled destructively on almost every growing plant and tree and shrub. The only shrubs left intact are the ilex and boxwood, and the only plants the native cactus and the perennial candytuft. Remedy: dried blood, "smelly rope," which fails to repel after a rainfall. Fence.

Field mice, those gallant, quick creatures. But your bulbs fail to come up, and investigation shows they've been eaten. Remedy: a mothball at planting time, or a "mouse-not," or in desperation, a wire-basket planting.

Fine screening laid over the top of freshly planted seeds will keep mice, chipmunks and birds from excavating for their favorite brand. When the seeds have germinated, the screening can then be removed.

Moles...Well they do eat bettle larvae.

DEFINITIONS

Annual - Life cycle of plant growing from seed, flowering and producing seed in one year or less. (Examples: cornflower, petunia)

Biennial - Life cycle of plant growing from seed, making top growth first year, producing flowers and seed the second year. (Examples: pansy, hollyhock)

Perennial - Life cycle of plant growing from seed, flowering and producing seed each year, although "dying" each winter. (Examples: Phlox, delphinium)

Deciduous - Vines, shrubs, trees which shed their leaves in winter.

Evergreen - Plants which hold their foliage throughout the seasons. (This includes narrow-leaf, needle or scale-leaf, or broadleaf plants.)

Guy - Support with stake or cord.

Stake - Smaller support.

Acid soil - Moistened soil sample turning blue litmus paper red. (Acid materials: peat moss, oak leafmold, rotted sawdust.)

Alkaline soil - Moistened soil turning red litmus paper blue. (Alkaline materials: lime, bonemeal.)

Neutral soil - Moistened soil sample turns both red and blue litmus paper purple.

Cold frame - Frame with transparent top placed on soil for starting, growing or storing plants from seeds, seedlings or cuttings.

Cuttings - Cuts of plants made for true parent reproduction (severing), for insertion in water, soil, sand, peat moss or other media. May be made from stem, leaf, root, etc.

Layering - Propagation of plants by root formation on stems still part of the parent plant, and severance thereafter. (Bend and cover branch, except for tip.)

Layering, air - Propagation of woody plants by root formation along stem. (Notch made in stem, splinter placed in notch to keep it open and sphagnum moss bound around area with raffia; sphagnum wrapped with plastic and kept moist until roots form, then upper rooted area cut off and treated as new plant.)

ACID-SOIL PLANTS (Oak-leaf mold, peat moss,
Andromeda sawdust well-rotted)

Azalea
Bayberry
Blackberry
Blueberry
Butterfly-weed
Chrysanthemum
Cranberry
Flax
Lupine
Marigold
Mountain-laurel
Rhododendron
Trailing arbutus
Wintergreen

ALKALINE-SOIL PLANTS (Lime, bonemeal)

Alyssum
Carnation
Iris
Nasturtium
Phlox

PLANTS FOR SHADY SPOTS

Ferns
Forget-me-nots
Lily-of-the-valley
Nicotiana or flowering tobacco
Pachysandra
Plantain-lily
Trillium
Violets
Wintergreen

PLANTS FOR SUNNY, DRY SPOTS

California poppy
Dusty miller
Globe thistle (echinops)
Pinks
Portulaca
Yucca

LONG BLOOMING SEASON PLANTS

Flax
Johnny-jump-ups
Marigold
Nasturtium
Pansies
Perennial pea
Petunias
Portulaca
Sweet alyssum
Zinnias

GROW 'EM TALL PLANTS

Cleome (Spider flower)
Hollyhocks
Phlox
Yucca

HARDY ANNUALS

Alyssum
California poppy
Cleome
Hollyhock
Johnny-jump-ups
Marigold
Petunia
Portulaca
Snow on the mountain
Zinnia

HARDY PERENNIALS

Basket of gold
Butterfly weed
Chrysanthemums
Columbine
Coralbells
Day lilies
Dusty miller
Echinops
Evergreen candytuft
Flax
Gaillardia
Gloriosa daisies
Iris
Pinks
Rose mallow
Sedums
Statice
Summer snow
Tiger lilies
Veronica
Yucca

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Second House
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Montauk, New York